MACFADDEN'S ENCYCLOPEDIA OF PHYSICAL CULTURE

VOLUME IV.



In this magnificent building, with its superb equipment, representing an investment of a quarter of one million dollars, and located at Grand Boulevard and Forty-second Street, Chicago, Ill., thousands have been restored to health through the methods described in this Encyclopedia, under the direction of the author.

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A WORK OF REFERENCE, PROVIDING COMPLETE INSTRUCTIONS FOR THE CURE OF ALL DISEASES THROUGH PHYSCULTOPATHY, WITH GENERAL INFORMATION ON NATURAL METHODS OF HEALTH-BUILDING AND A DESCRIPTION OF THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY

By BERNARR MACFADDEN

FOURTH EDITION
Total
87,500 Volumes

ASSISTED BY

Specialists in the Application of Natural Methods of Healing

VOLUME IV

PHYSICAL CULTURE PUBLISHING COMPANY
FLATIRON BUILDING, NEW YORK CITY
1918



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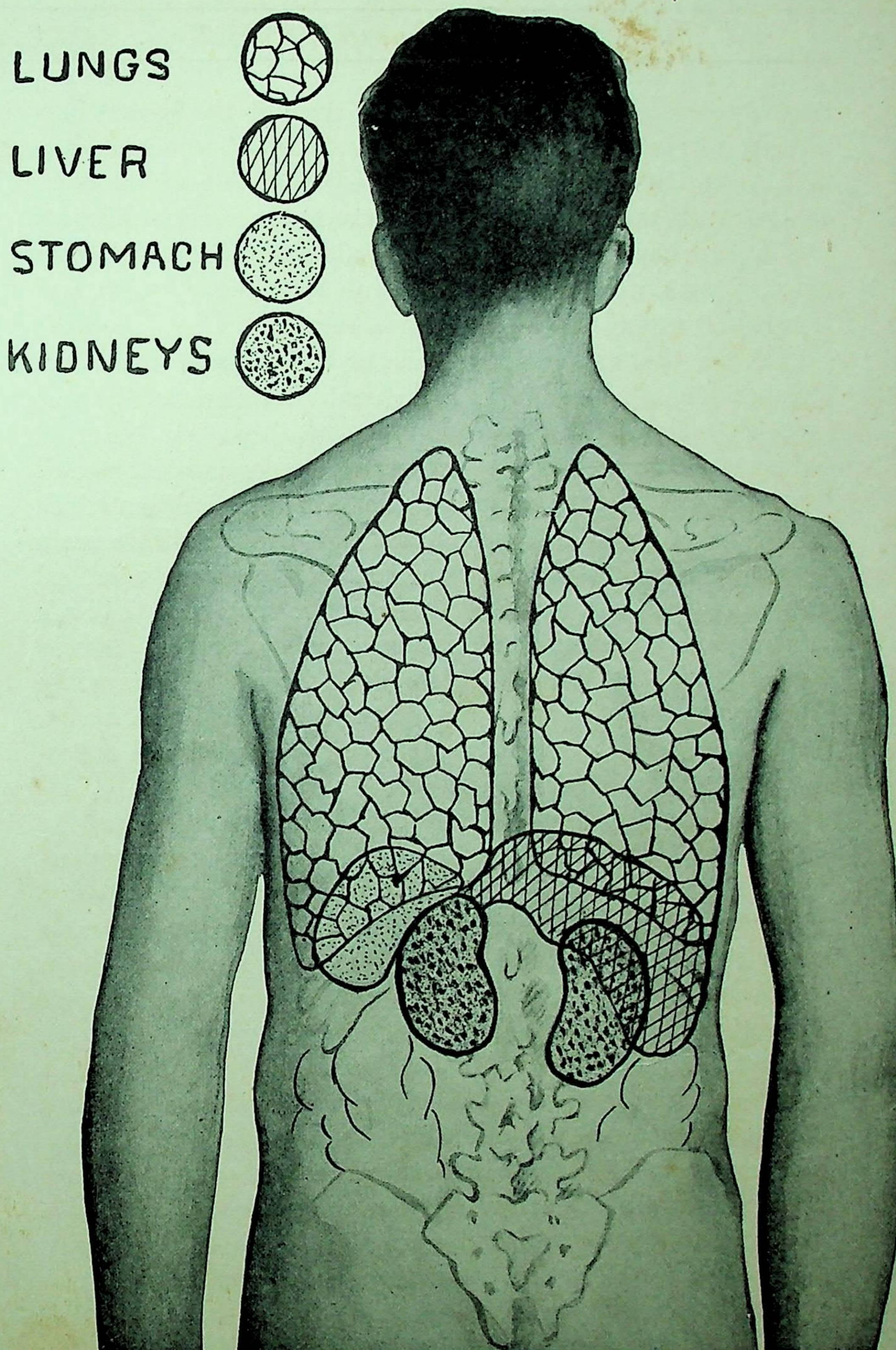
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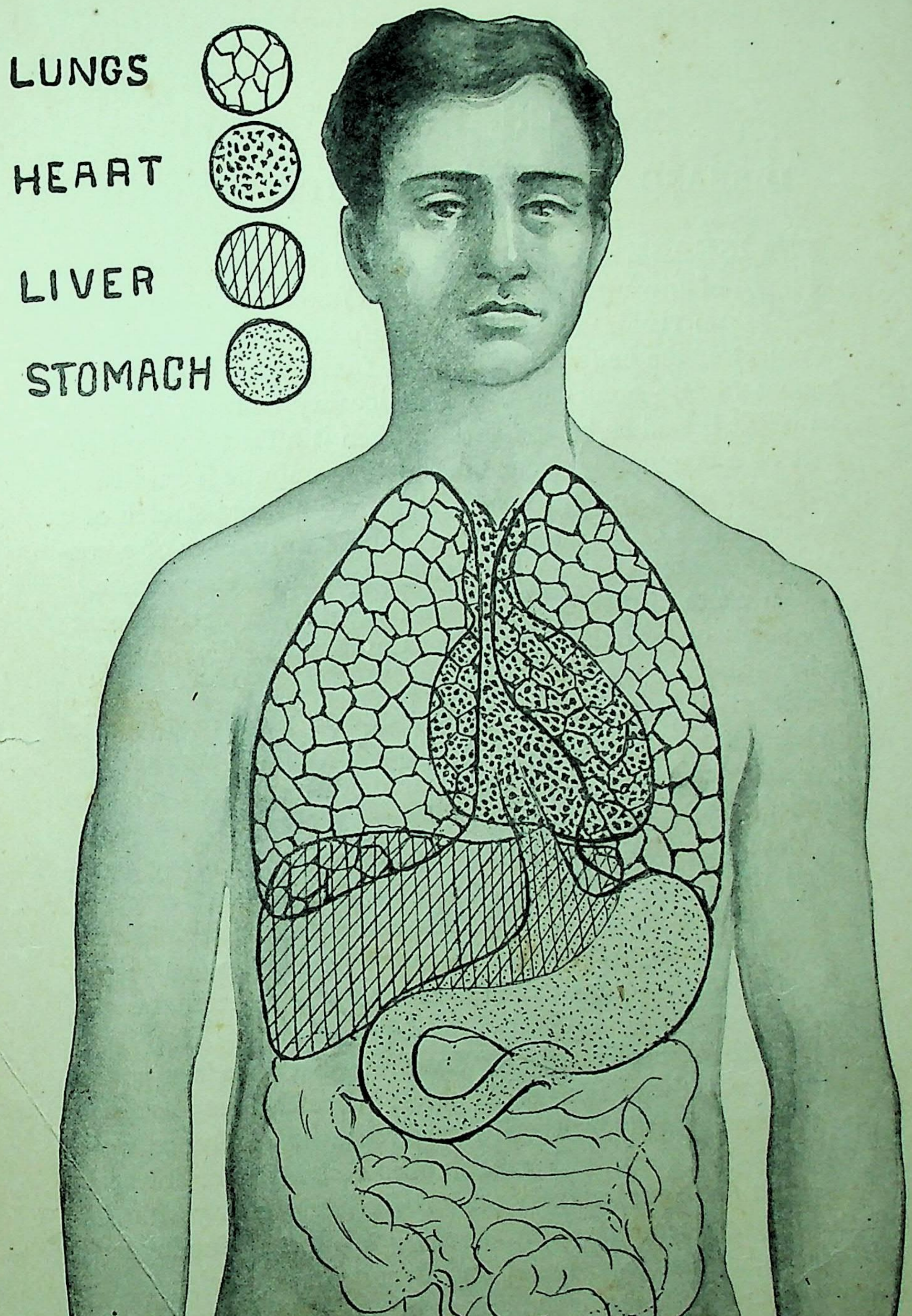
Outlines and relative positions of the organs of the upper body viewed from the back.

nize diseases in their early beginning, through the instructions offered in these pages, nip them in the bud and you will have nothing to fear. With a rational understanding of the body and its needs, each one of us may be absolute master of his own health and happiness. "A cool head, warm feet and open bowels," is a simple but fairly good rule to preserve health, and to regain it when lost.

Of all the various functions of the human body the circulation of the blood is the most vital. Coldness of the surface always indicates recession of the blood to internal organs, and the greater the surface affected and the degree of its coldness, the more serious is liable to be the condition which is thus manifested. A hot head and cold hands indicate brain congestion. A hot abdomen and cold feet indicate intestinal congestion. Heat over the chest or upper portion of the back coincident with cold extremities, denotes lung trouble. A cold nose often signifies intestinal torpidity. One cheek hot and the other cool shows nervous fever, or sometimes pneumonia. Both cheeks flushed show hectic fever. Upon the equalization and purity of the blood stream depends our health. Consequently the first step toward relief is the equalization of the circulation and the free functioning of the secretions and excretions.

In every case of disturbance of health the predisposing causes must be considered, for if the blood is pure and the organism has sufficient vitality no disease can develop. A sore throat will arise only when there is a lack of resistance, or when there are accumulated wastes. Such a condition as cold, wet feet may be regarded as the immediate cause, though the primary causes are of the kind enumerated in detail in Chapter VIII of Vol. II, of this work, pp. 1115-69. The temporary chilling of a healthy body or any part of it will have little effect, though prolonged interference with the circulation through cold or any other influence will cause trouble.

Do not Treat Symptoms. In treating diseases, one should not treat the symptoms, such as fever, chills, inflammation, spasms, etc.; they are simply the inevitable consequences of the



General outlines and relative positions of the organs of the chest and upper abdomen.

CHAPTER I.

DISEASE AND ITS MANIFESTATIONS.

DISEASE is termed *organic* when it affects the structure of any organ of the body, and *functional* when there is no visible change in structure but there is failure of any part of the body to perform its functions. When a contagious disease occurs in a certain locality more or less constantly it is said to be endemic. When it affects a very large part of a community from time to time only, it is said to be epidemic; when an epidemic spreads over a large stretch of a continent it is called a pandemic. Single stray cases of a contagious disease in a given locality are spoken of as sporadic.

An acute disease is sudden and rapid in its development; when slow or gradual or of longer duration, the disease is said to be chronic.

Curative methods of treating disease may be hygienic, dietetic, or medicinal. Preventive methods are usually hygienic, but sometimes dietetic and other methods are also applied.

Pathology is the study of disease. Etiology considers the causes of disease; these may be internal, external, specific, primary, secondary, predisposing and exciting. Symptomatology is the study of the various symptoms and signs whereby the disease is detected; these may be objective or subjective.

Health is bodily ease. "Ease" implies freedom and a normal natural condition of all parts; in health, every function is performed easily, without interference or hindrance from any cause whatever. Disease implies restriction or interference and unnatural conditions. To be continuously ailing is no longer considered a credit to one's intelligence. Pain and illness, discomfort and depression are evidences of derangement of the system. Irregularity of functional action must be traced to its source and corrected. "A stitch in time saves nine" is an old saying that applies here. Learn to recog-

inability of the vital force to control the affected tissues in a natural or healthy manner. These symptoms should aid us in locating the tissues or structures which are altered in character through influences at variance with their normal condition. For instance, a "cold" is an eliminating process, an attempt upon the part of Nature to get rid of poisons and impurities.

At any time in the course of an illness a number of complications may arise, such as hemorrhage, convulsions, coma, etc. All these conditions call for immediate and expert action. A trained nurse is in such case of incalculable value.

If, however, for any reasons a trained nurse is not available the person who assumes the responsibility of attending the sick should try to prepare himself for all such emergencies by reading up beforehand everything relating to the particular disease and its possible complications.

In the course of a serious illness the patient usually becomes more or less helpless. Hence the need of an attendant whose duty it becomes to look after all his bodily comforts and to watch his condition carefully and critically. Briefly stated, the principles of nursing are as follows: Select an airy, well-ventilated and light room, with an equable temperature (of about 65 degrees) and a comfortable bed for your patient. Make him as comfortable as possible under the circumstances. Attend to all his needs quickly, gently and firmly. Do not disturb him, unless really necessary and never disturb him in his sleep. Avoid anything that might tire him or make him irritable (conversation, company.)

At least once daily the patient should be washed and his hair combed; his mouth should be cleansed after each feeding and his bowels and bladder kept empty. Every nurse must know how to give an enema properly and how to catheterize a patient. Once a day, also, the bed must be remade. If able, the patient is allowed to sit up in a chair meanwhile. Otherwise, roll him over to one side, while drawing the sheet under him, or better still, transfer him to another bed which is kept handy.

To carry a very sick patient, two persons are necessary—

one placing his one arm under the patient's shoulders, the other under his back, while the second person slips his two arms under the patient's hips and knees, both persons lifting simultaneously. If available, a third person supports the patient's head.

Feed the patient at regular intervals, as directed under treatment of particular diseases. The feeding cup is very convenient for giving water or liquid food. Of other sick-room utensils the bed-pan and urinal are indispensable and, if the patient coughs, the spitting cup.

Every three hours the patient's temperature is taken and his pulse and respiration are counted. If at any time the temperature rises above 103 degrees, measures described elsewhere in detail should be taken to reduce it.

Aside from this the attendant must be constantly on the lookout for danger signals of a failing vitality. In such case the temperature usually drops rapidly to normal or below normal without any apparent improvement in the general condition, and the patient's heart and respiration begin to fail. The pulse becomes very rapid, barely palpable (thready), the face assumes an anxious look, the lips, nose, hands and feet become bluish (cyanotic), cold and clammy, respiration becomes labored, very rapid (over 35), a rattling sound is heard with each breath, and, if able to expectorate, the patient brings up a pink or red, foamy, sticky fluid. Energetic steps must be taken, if the patient is to be saved in such a condition.

First, he should be propped up in bed in a sitting position, and hot packs applied to his extremities or to the entire body and the treatment described in this volume for heart failure immediately instituted, pp. 2093-94.

Here we wish to put stress on the statement, that no person can be an efficient nurse who does not take particular care of his own health. To be cheerful, to be able to do his patient full justice, one must take care of his own health first; the nurse, therefore, must commit no dietetic errors, must have sufficient sleep and outdoor exercise and finally, in case of an

infectious disease, must avoid all unnecessary exposures to infection of himself or others.

In contagious and infectious diseases, it is essential that those attending the patient maintain their own health at the highest possible standard, and that they under no circumstances neglect to thoroughly wash the hands or other parts of the body which may come in contact with the patient, and also keep each eliminative outlet of the body free to perform its functions. That physicians and nurses themselves become so rarely infected while handling those who are affected by contagious diseases is in large measure due to the resisting powers with which their own physical condition provides them, and also to the sanitary precautions they observe.

Diagnosis.—It is impossible to over-emphasize how important a matter it is to diagnose a case correctly. Often the cause of a disorder is much more deeply rooted than is apparent at the first glance, as, for instance, in some cases of digestive weakness. A poorly nourished, emaciated body is positive evidence of insufficient assimilation, the food simply passing through the digestive tract with little or nothing absorbed. Perhaps the nerve supply is withheld from the stomach through mental or physical strain, worry or various other causes. Naturally, however, digestive weaknesses in most cases have their origin in errors of diet and other deleterious habits.

How to Detect Disease.—In ascertaining the nature of the disease with which one may be confronted, one should take observations of the appearance and functions of the external and internal conditions of the body as outlined in the pages which follow.

After noting constitution, sex and age take notice of the temperature, pulse, condition of the mouth, tongue and digestive organs, the breathing, the urine, the fecal discharges, the condition of the brain and nervous system, the state of the skin, the state of the mind, and so on.

Temperature.—The normal temperature of the body is a slight fraction over 98 degrees F. Observations may be taken by means of a clinical thermometer placed under the tongue, in



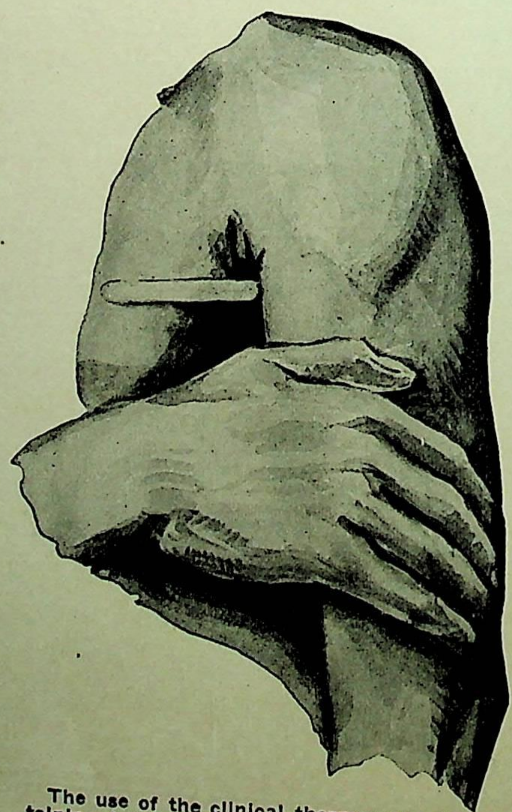
Clinical thermometer.

the armpit, or in the rectum. A temperature below normal is always a bad indication. A high temperature is to be expected in all cases of fever. Increase in temperature is usually accompanied by increase in frequency of pulse and respiration.

PULSE.—The normal pulse-beat is from seventy to eighty beats per minute. In children it is higher than in adults. It should be regular and fairly soft in health. A full, strong and frequent pulse during disease indicates an ardent effort of the vital force to overcome derangement. A frequent and small or weak pulse is evidence of a weakening heart.

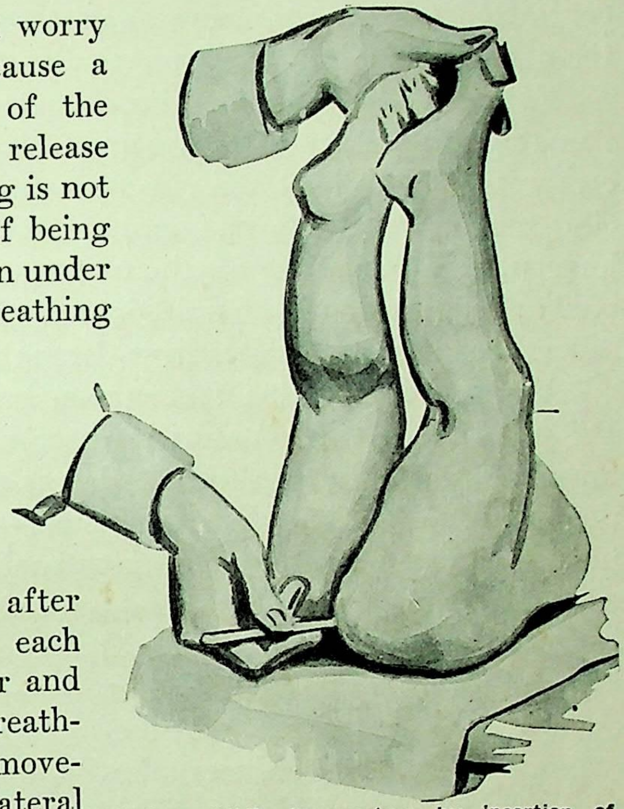
A small, soft, almost impalpable and very frequent pulse is an indication of internal or external hemorrhage. A small, quick and frequent pulse occurs during nervous prostrations, and is unfavorable in low grades of fever. A strong, slow pulse usually accompanies congestions, such as apoplexy. An irregular pulse is indicative of feebleness of heart, and if simultaneously infrequent is a grave symptom.

BREATHING. — Respirations vary in direct ratio with the frequency of the pulse. Normally there are 16 to 18 respirations per minute. They are slower during sleep than during wakefulness. Most persons are victims of shallow breathing, the diaphragm being scarcely brought into action



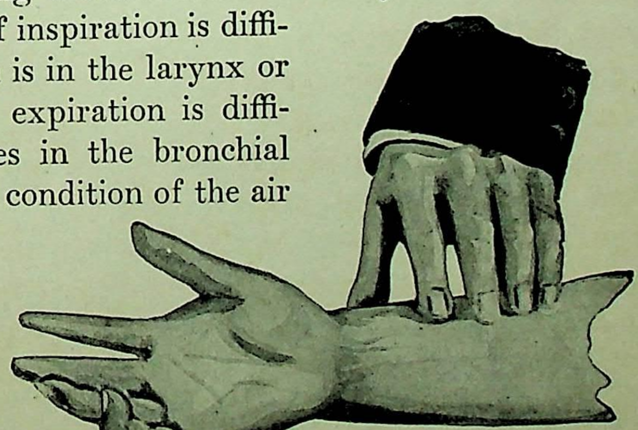
The use of the clinical thermometer in obtaining bodily temperature at the armpit.

at all. Depression and worry or excitement may cause a stoppage or holding of the breath. Sighing is the release of this spasm. Yawning is not always an indication of being weary or tired, for when under nervous tension the breathing is often checked and yawning is Nature's method of forcing a full breath. In normal breathing there must be a slight pause after each inspiration and each expiration. The slower and more rhythmic the breathing the better; the movement should be a lateral one, expanding the body outward. As in the breathing of the horse or dog, the flanks of man should move in and out with each movement.



Taking child's temperature by insertion of thermometer at rectum.

Labored breathing is sometimes caused by obstructions in the air passages. If inspiration is difficult, the obstruction is in the larynx or nasal passages. If expiration is difficult, the trouble lies in the bronchial tubes or in a dilated condition of the air vesicles of the lungs. Stuttering, a nervous disorder, has its immediate origin in a spasmodic action of the diaphragm, which is held rigid and



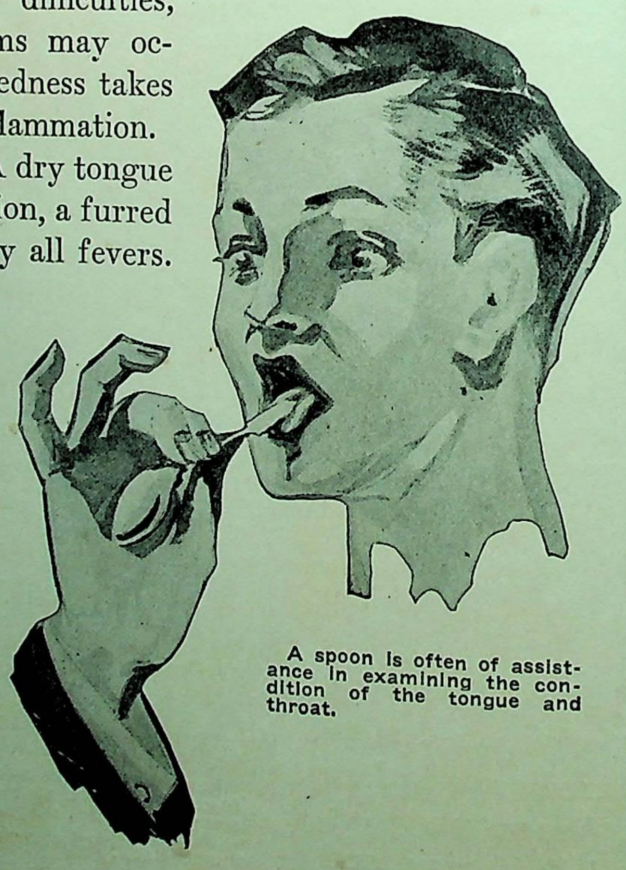
In observing the pulse the middle and index fingers should be placed upon the artery under observation. It is impossible to test the pulse with the thumb because a pulse exists in the thumb itself.

contracted. Heavy pressure against the diaphragm restores the nervous equilibrium and terminates the spasm.

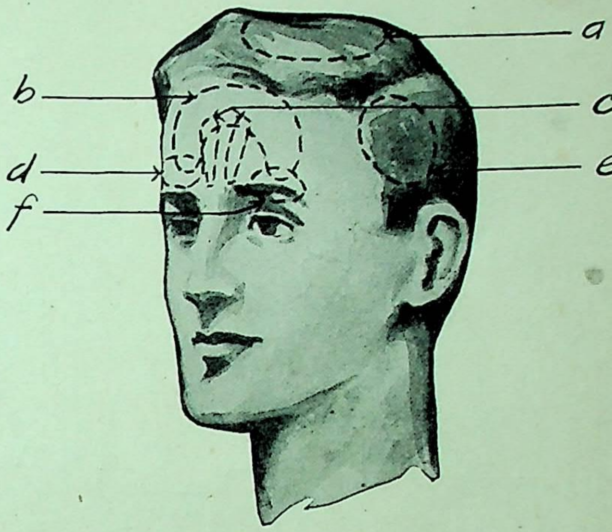
FACIAL SIGNS.—Sunken cheeks covered with sallow, flabby tissue signify deficient digestive and assimilative power. Pale, compressed, thin lips often indicate sexual and other deficiencies; narrow nostrils mean improper breathing and deficient lung power. Coldness of tip of nose shows intestinal torpidity; redness of tip of nose, intestinal catarrh. A yellow, sallow face usually denotes liver derangement.

A waxy complexion is common among sufferers from Bright's disease, and is usually associated with a puffiness, especially under the eyelids. Paleness shows a deficiency in the amount of the red blood corpuscles—anemia. In women, paleness is often a symptom of menstrual irregularities. Redness of face may be due to overeating, or to apoplectic or gouty tendencies, especially if dark. Red spots upon pale cheeks suggest tubercular difficulties, though cases of worms may occasion them. Local redness takes place when there is inflammation.

THE TONGUE.—A dry tongue denotes internal irritation, a furred tongue occurs in nearly all fevers. Yellow, white or brown fur without fever points to indigestion or constipation, accompanied by liver trouble. A trembling tongue denotes nervous prostration. Blueness indicates interference with respiration and circulation, and redness, intestinal irritation. A beefy tongue



A spoon is often of assistance in examining the condition of the tongue and throat.



Pains in centers marked are caused by:

a. Anemia, Neurasthenia, Hysteria, Epilepsy, Alcoholism, Diseases of Bladder.

b. Neurasthenia, Alcoholism, Constipation.

c. Nasal Coryza.

d. Eye Disease, Gastric Disease, Cold in the Head, Sinus Disease.

e. Migraine (Paroxysmal one-sided Headache), Neuralgia, Eye Strain, Bad Teeth.

f. Eye Strain, Cold in the Head, Neuralgia.

occurs in chronic inflammation of the bowels or liver.

Gums. A blue line above upper teeth indicates lead poisoning. Bleeding may be the result of mercurial poisoning. Pale gums indicate anemia.

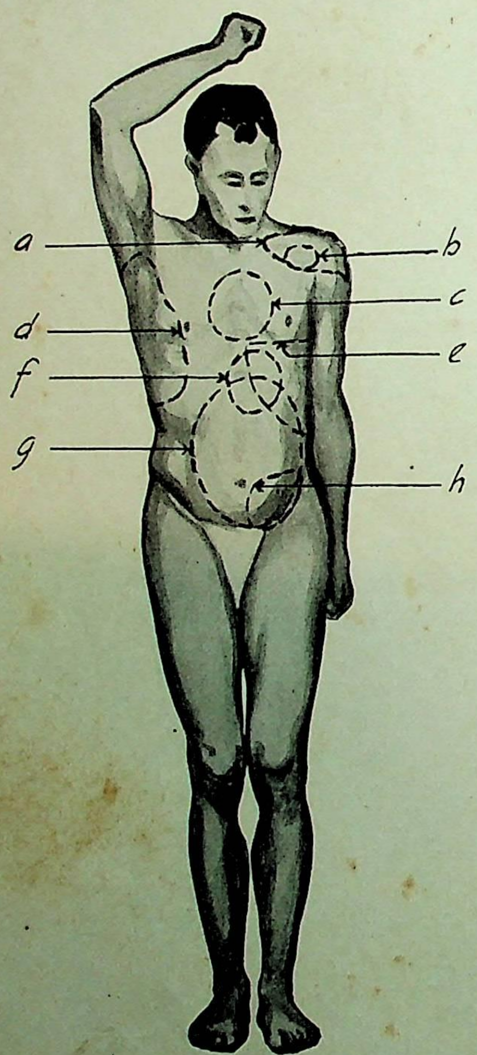
Pain is Nature's danger signal. Its presence signifies a functional or organic disturbance of some organs or parts of the body. It is the duty of the health-seeker to familiarize himself with the varieties of pain in order that the disease responsible for the physical distress may be detected and its course stayed before it increases in intensity and assumes a dangerous aspect.

Pain may be *functional or organic.* For instance, the pain of aching, tired muscles is functional; the pain of pleurisy and gastric ulcer is organic.

In pains due to inflammation, the patient avoids touching the painful part, or approaches it very cautiously.

In deep-seated pain the gestures are indicative of its distribution and the character of the inflamed tissue. In pains extending over a large area, the whole hand is laid over the part. Stabbing pains are indicated by extended finger tips.

Severe pain, especially when paroxysmal, is frequently accompanied by dilation of the pupils, rapid respiration, flushing or pallor, free sweating, increased arterial tension and sensations of faintness.



Pains in centers marked are caused by:

a. Neuralgia, Rheumatism, Angina Pectoris, Pleurisy, Muscle Strain from throwing or other Athletic Use of the Arm.

b. Angina Pectoris, Pleurisy, Tuberculosis, Neuralgia.

c. Bronchitis, Heartburn, Heart Diseases, Diseases of Bone or of the Mediastinum—Aneurysm, Acute poisoning.

d. Pleurisy, Bronchitis, Tuberculosis, Injury to Chest, Tumor of Chest, Neuralgia, Herpes.

e. Pleurisy, Pericarditis, Pneumonia, Diseases of Stomach, Pancreas and Liver.

f. Gall-Stones, Heartburn, Constipation, Ulcer of Stomach, Wind in Stomach, Ulcer of Duodenum, Disease of Pancreas.

g. Peritonitis, Inflammation in Intestines, Diarrhœa, Dysentery, Typhoid, Worms, Lead-Poisoning, Intestinal Tuberculosis, Fecal Impaction, Neuralgia, Floating Kidney, Influenza.

h. Hernia, Renal Colic, Bubo, Constipation, Diseases of Testicles and Prostate.

Pains in centers marked are caused by:

a. Cerebrospinal Meningitis, Tumor of Cerebellum, Constipation, Neuralgia, Neurasthenia, Hysteria, Anemia, Masturbation, Bad Teeth, Ear Diseases, Syphilis.

b. (Along the Spine) Spinal Cord Disease, Tumor in the Mediastinum, Hysteria, Neurasthenia, Acute Infectious Diseases, Spinal Curvature, Diseases of Spinal Column.

c. Bronchitis, Diseases of the Stomach.

d. Diseases of Liver and Gall Bladder.

e. Disease of the Spleen.

f. Abscess about Kidney, Colic from passing Kidney Stone, Neuralgia, Muscular Pain or Cramp after Rowing. Diseases of Spleen.

g. Lumbago, Constipation, Diseases of the Colon.

h. Diseases of the Womb, in Women, and of the Prostate in Men.

i. Neuralgia, Hip-Joint Disease. In Women Ovarian Disease.

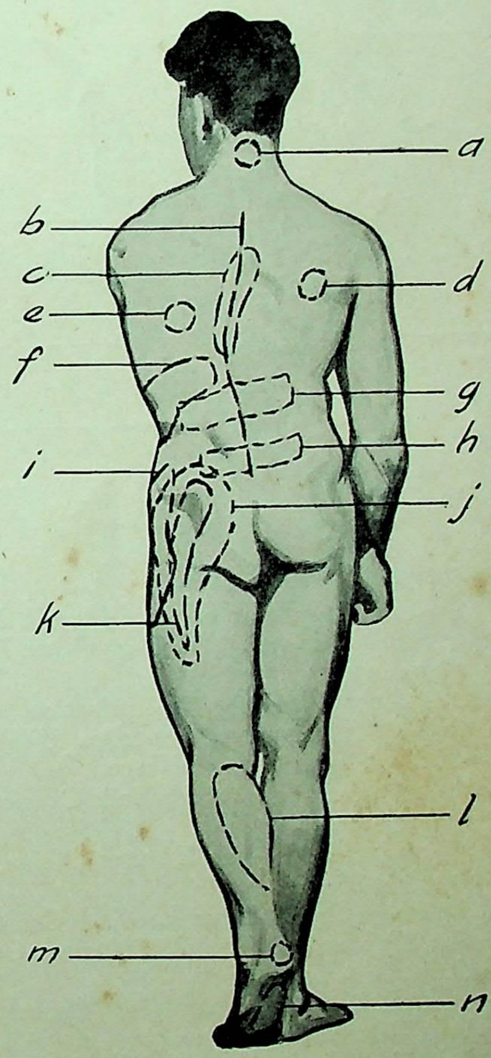
j. Constipation, Sciatica, Prostatic Disease, Ulcer or Cancer of Rectum, Locomotor Ataxia.

k. Pelvic Disease.

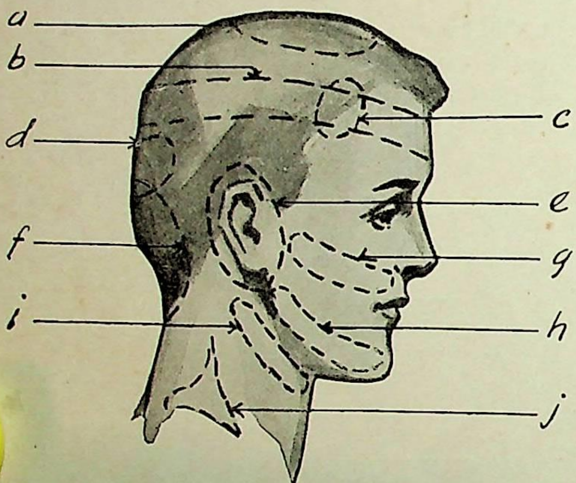
l. Muscular Cramp; Neuritis due to Alcohol, Gout, Syphilis, Diabetes, or Lead Poisoning; Varicose Veins, Influenza, Trichinosis, Chronic Nephritis.

m. Gout, Neurasthenia. In Women, Ovarian Disease.

n. Overstrain in Athletics, Flatfoot, Sciatica.



Inarticulate sounds and involuntary exclamations are familiar objective manifestations of sudden and intense pain. The pain sense is not equally developed alike in all, in some individuals it is present to an abnormal degree; the susceptibility to pain differs according to temperament and the race. Latin races manifest greater susceptibility to pain than the Anglo-Saxons; Oriental apathy is proverbial. There may be acute, dull, throbbing, burning or gnawing, itching, griping or bearing-down pain (tenesmic).



Pains in centers marked are caused by:

a. Anemia, Neurasthenia, Epilepsy, Hysteria.

b. Migraine, Eye Strain, Hysteria, Neurasthenia, Alcohol, Opium or Other Drug Poisoning.

c. Sick Headache, Constipation, Eye Strain, Ear Diseases, Neuralgia of Trigeminal or Fifth Cranial Nerve.

d. Diseases of Womb and Ovaries in Women.

e. Mastoiditis, Ear Diseases, Neuralgia, Mumps, Toothache.

f. Neuralgia, Neurasthenia, Constipation, Depression, Alcohol, Opium or Other Drug Poisoning.

g. Toothache, Neuralgia, Cancer of Jaw, Disease of Antrum.

h. Bad Teeth, Mumps, Neuralgia, Stoppage of Salivary Glands, Actinomycosis.

i. Tonsillitis, Laryngitis, Tuberculous Glands, Poisoning, Sore Throat as in Diphtheria or Scarlet Fever, etc.

j. Tuberculous Glands, Spinal Bone Diseases, Muscular Strains, Tics, Aneurysm, Tuberculosis of Apex of Lungs.

Pain is modified by physical agencies such as pressure, mechanical irritation, movement and rest, and also by physical influences such as: intense emotion, excitement, and other causes.

Pain may be occasional, constant, persistent, intermittent, recurrent, or paroxysmal. It may be of a general or local nature; in neurasthenia and hysteria there usually exists a morbid craving for sympathy, when pain may be feigned and simulated. Anatomically pain may be: tegumentary, muscular, osseous, visceral or neural (due to disease of nerves).

See also ***Pain and Abdominal Pain,*** pp. 2235 and 1835.

THE EYES.—The belief that one can diagnose diseases of the body from an observation of the eyes alone is widely spread. While in a majority of cases this would be impossible, yet often a careful observation of the eyes and eyelids may be helpful in diagnosis.

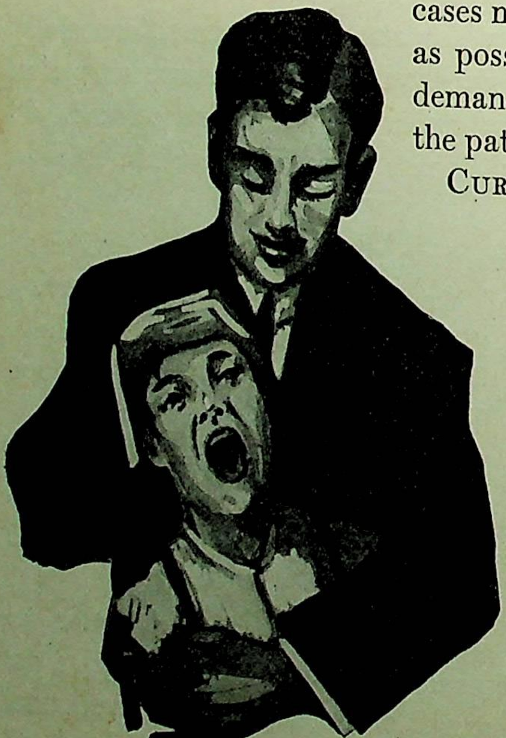
Thus a pale conjunctiva of the eyelids should make us suspect anemia; blood-shot eyes will make us think of excessive heart action and congestion to the head (acute alcoholism), while a yellow tinge of the conjunctiva is common in liver diseases. An acute inflammation of the conjunctiva is often the first symptom of measles or whooping cough. A frequently recurring conjunctivitis, especially when it affects one eye only, is very characteristic of scrofula. Inflammation and ulceration of the cornea (keratitis) is frequently an expression of a rheumatic condition or of a gonorrhœal or syphilitic infection of the system. A narrow pupil is seen in morphine and alcohol fiends; a pupil which does not react to light (fixed) is seen in locomotor ataxia. Cataract, especially when the individual is young, should always arouse suspicion of diabetes. Marked disturbances of vision are common in hysteria, diabetes, Bright's disease, locomotor ataxia and in some blood diseases.

SKIN.—A dry, scaly condition of the skin is indicative of costiveness and dryness of the intestinal canal. Offensive odor and yellowish tints are the result of reabsorption of effete matter. A doughy feeling and pale color are evidences of poor circulation.

HAIR.—Hair in health has luster and gloss, is neither brittle nor excessively oily. Baldness is often due to lack of cleanliness and ventilation. Brain congestion also has much effect upon the loss of hair.

CONDITION OF ORGANS DURING DISEASE.—In order to be able to give intelligent treatment, one should strive to ascertain what organs, structures or tissues are involved and in what manner they vary from the normal standard of health.

Great tenseness of an organ or structure interferes with its normal action by diminishing the calibre of the vessels which permeate it. Too great relaxation of tissues is an indication of deficient organic power. Methods of treatment, therefore, while having for their first object the purification of the blood stream and the building of vitality or nerve power, should aim to tone up and stimulate relaxed conditions and to relax tense and contracted conditions. These results, as we have seen in preceding portions of this work, may best be accomplished by means of hydrotherapy, Mechanical Physcultopathy, appropriate exercises, deep breathing, air baths, sun baths, complete rest of many organs through fasting or their partial rest through a modified diet and the other natural measures which have been discussed in the preceding volumes. One should aim to remove all accumulations, obstructions and poisons. Select a suitable vitality-building diet, fast if necessary, provide a proper environment, induce ease of mind and in all cases make the body as comfortable as possible, in accordance with the demands of the natural instincts of the patient.



The throat is best examined by viewing it from above in this manner.

CURATIVE AGENCIES.—In the consideration of the various diseases listed in this volume, it is assumed that the reader is more or less familiar with the contents of the first three volumes, and that he has at least a general idea of the natural curative processes which we employ, including those which have to do with diet, fasting, hydrotherapy, mechanical measures, exercises, and other allied influences.

IMPORTANT NOTE

In the following pages appear treatments for all common forms of diseases. In listing diseases, the commonly-accepted name of each ailment, rather than its scientific title, has been used. Diseases are thus arranged in alphabetical order in accordance with their colloquial names, although the scientific titles of most diseases are given separately as cross-references.

To obviate repetition, the regimens recommended for various diseases have been referred to by number. All of these regimens have already been given in pages 1718 to 1797, Volume III. When a regimen bearing a certain letter or number is prescribed, full details for this regimen may be obtained by turning to the proper pages of Volume III.

Thus, when Fasting regimen No. 3 is advised, complete instructions for this regimen will be found in the final chapter of Volume III.

Disorders peculiar to women and diseases of the sexual organs of both sexes are discussed at length in Volume V.

The names of all diseases appear in SMALL CAPITALS. Variations of diseases, also their principal *symptoms* and the *treatment* to be applied to them appear in *italics*.

A WORD OF WARNING

It positively must be remembered that the methods recommended in this work cannot be combined with the internal use of drugs or medicines.

An attempt to use drugs while pursuing the treatments here advocated may lead to very serious results, and is to be depended upon under no circumstances.

When accidents, emergencies, or sudden attacks of disease occur, full information may be obtained from Chapter IV (page 1647), Volume III.

Do not subject the body to strenuous or difficult ordeals. Avoid long fasts, unaccustomed exposure, and sudden and radical changes in diet.

Bear in mind that persistent, conservative treatment is far more effective than spasmodic, violent and unsustained changes of regimen.

CHAPTER II.

COMMON FORMS OF DISEASE AND THEIR TREATMENT.

Abasia.—Difficulty in walking. *See Ataxia.*

Abdominal Pains.—*Symptoms and Causes.* Pains may arise in the abdomen from a variety of causes and their seat of origin may lie in the stomach, the small, or large intestine, the peritoneum, liver, spleen, kidneys, or the genital organs in the pelvic cavity. They may exist more or less permanently, becoming chronic; or they may occur in a violent and acute attack. (See *Colic.*)

The intensity of abdominal pain is subject to considerable variation, ranging between the slight symptoms of a chronic tendency towards appendicitis (which see) to the intense agony experienced during the passage of a gall stone from the gall bladder. (See diseases of the liver, stomach, spleen, intestine, bladder and genital organs.)

Tenderness is indicative of inflammation, if superficial the muscular structures only are involved, if deep seated and increased by continued pressure the internal organs are affected. Local enlargement of the abdomen is very frequent. If it is in the upper central portion, the stomach is usually affected. If it is upon the right side, the liver is involved. If it is toward the groins, ovarian troubles, appendicitis or obstructions of the bowels may be the cause. If it is low down, the bladder or the womb may be involved. Enlargement of the abdomen may be due to inflammation of the bowels, womb or peritoneum. Fluctuation, with pains accompanied by a doughy feeling and general enlargement points to dropsy. Pregnancy will naturally enlarge the abdomen and must be considered in women, when no other cause is apparent.

Treatment. The treatment of these symptoms will depend largely upon the cause and nature of the difficulty, also whether the pains are chronic or acute in character. The

treatment of an abdominal pain caused by eating too heartily would naturally vary considerably from that which would be given for appendicitis. As we give detailed instructions for the treatment of appendicitis, colic, etc., in another place we will not go into minute details here. I might say that in a general way the treatment for acute abdominal pains suggested here will be effective in nearly all difficulties of this nature. Naturally, however, if one is suffering from pains which come with symptoms associated with diseases that we describe in detail, one should treat those symptoms in accordance with the special treatment prescribed for such complaints.

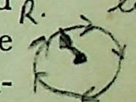
One can secure relief from abdominal pains in many instances, by drinking as much hot water as possible. If this is flavored with a little salt it will sometimes be of advantage. The water should not be lukewarm, but as hot as you can possibly drink it without sipping. It should not be so hot that it must be sipped slowly, for it should be drunk as rapidly as possible; in fact the larger the quantity of hot water you drink at one time the more quickly you will secure relief from pains of this character. Following this it is a good plan usually to flush the bowels with a hot enema. As a rule the mere drinking of hot water will bring relief, though if this should not be the case the enema suggested should be taken as hot as can be borne, and as much water should be injected as possible without marked discomfort. It is advisable to retain the water for a few minutes before discharging it. This will materially assist in bringing about relief.

In some instances of severe cases these two remedies may not bring complete relief, and under such circumstances a bath towel or sheet wrung out of hot water should be used for an abdominal pack. (See abdominal pack under Hydropathic treatments, Vol. III.) These abdominal packs should be as hot as the patient can possibly bear them, and should be changed at frequent intervals, if necessary. The hot sitz bath is even more effective in many cases, and may be employed when the patient is able to move about, or to get in and out of the sitz bath without difficulty.

When very weak, the hot abdominal pack should always be used instead. If there is high fever in connection with the pain, it is often advisable to use cold abdominal packs instead of hot; in fact, an ice bag used over a wet cold application is sometimes of advantage, taking care not to chill the patient —or, if the patient can move about, the cold sitz bath may be employed, with feet placed in another basin of warm water. In many cases the alternate hot and cold sitz baths will give the best results in relieving pains. This measure usually has a powerful influence in accelerating the circulation and bringing about a feeling of comfort.

Abdominal pains create the tendency to contract the abdominal muscles. A baby always draws its legs up when suffering from abdominal pains. You should induce muscular relaxation at once. If a small child, place the left hand under the right hand, flat upon the abdomen, rotate slowly with slight pressure in a circular motion from the right side downward to the left side, and continue for some time until the child becomes quiet. A warm enema is indicated no matter how small the baby.

Lying upon the stomach sometimes eases the pain. This position is the natural one and the pressure beneficial. In adults, whether the pains are menstrual or intestinal, the abdominal walls must be vigorously expanded by self-applied muscular rotatory movements from right to left, or in the direction of the hands of a clock, exerting a strong downward pressure towards the rectum. These movements are best taken lying down with the knees flexed. The rotations should be slow, deep and rhythmic. Resisting pressure, not so great as to cause pain, is an aid. This self-applied abdominal internal massage should, of course, be supplemental to the hot enemas, stimulative hot drinks and hot applications already mentioned.



In chronic abdominal pains the treatment will depend much upon the location and nature of the pains. As a rule the general regimen about to be described can be depended upon to bring relief, no matter where the pain may

be located, as the treatment of constitutional difficulties of this kind depends largely upon improving the quality of the blood, rather than the local stimulation of the affected part. You must remember, however, that if you have definitely located the nature of your abdominal pain, then you should turn to that particular disease rather than follow out the treatment here outlined. The following general regimen is suggested: Fasting Regimen No. 3 for two days, followed by Fasting Regimen No. 2 for three days. If after following the Fasting Regimen No. 2 for three days you can conveniently continue to fast for a longer period it would be materially to your advantage. If you so continue the fast you can break it in accordance with the breaking-fast regimen determined by the period that you have fasted. For instance, if your fast is not over five days you could use Breaking-Fast Regimen No. 16; if it ranges from ten days up, use Breaking-Fast Regimen No. 17. In a disorder of this kind, it would be materially to your advantage to follow an exclusive milk diet, as prescribed in Milk Diet No. 32, if it is possible for you to give the time required. If this is not possible, then Milk and Fruit Diet No. 42 could be followed two or three days, after which Milk and Fruit Diet No. 43 would be suggested. This dietetic regimen should be continued until the symptoms have disappeared. For a general regimen, if possessed of moderate strength, I would advise Physcultopathic Treatment M, immediately upon arising, followed by a dry friction bath as described in instructions for giving this bath (Vol. III), after which take a partial cold bath by wetting the hands in cold water and therewith moistening every part of the body, rubbing thoroughly dry thereafter. In the evening take Physcultopathic Treatment G or F. It would be preferable to take Treatment F, provided you can get someone to assist you. Sometime during the day a walk should be taken during which deep breathing exercises should be freely practiced. If the patient is weak, then Physcultopathic Treatment C should be given each day, and Physcultopathic Treatment I, each evening. A dry friction bath should be given by an as-

sistant or taken by the patient following the treatment and exercises.

Falls and blows upon the abdomen may cause but slight external indications while they may severely injure internal organs. In such cases apply immediately cold compresses, but if neglected in the start, hot fomentations are best. Absolute quiet should be maintained.

Abortion.—See *Miscarriage.*

Abscess.—A local collection of pus and other impurity, consisting of broken down blood-cells, waste lymph, disintegrated tissue circulating within the lymph stream. An abscess is usually kept within narrow bounds by an effort of Nature to wall off the surrounding tissues from infection. Surface abscesses are termed boils or carbuncles; those beneath the finger nails, felons. Abscesses also form in the liver and sometimes in the abdomen as the result of an inflamed or gangrenous appendix. In certain tubercular conditions what are termed cold abscesses are formed in tissues surrounding tuberculous bones. They also appear in the brain, frequently following the infection from a running ear, or an infected mastoid, occasionally after an injury or operation.

Symptoms. As a rule the formation of an abscess is preceded by pain, inflammation, redness, heat and swelling. When pus begins to form, there is usually a pronounced chill and local throbbing with increasing and constant pain. The pus always tends to come to a head at the surface. Thick, yellow pus is termed healthy; thin, greenish or watery pus is a bad symptom, indicating prostration and difficulty in subsequent healing.

External abscesses such as boils, carbuncles and felons discharge outwards and heal spontaneously. When they break inwards they become dangerous, producing a condition termed septicemia or pyemia. (See *Boil, Carbuncle, Pyemia* and *Septicemia.*)

Treatment. There are two important methods of treating symptoms of this character. One is to follow a fasting or partial fasting regimen, and in that way "dry up" the

abscess; in other words, bring about a condition which would cause the blood to reduce the inflammation and absorb the pus which may have accumulated. This method is, of course, available only in the first stages of the difficulty. For instance, after an abscess has advanced considerably in its development it cannot be absorbed. The absorption process, however, is especially important when one is suffering from internal abscesses which are liable to form and break internally. For instance, those that form in the eardrum in some cases result in a partial or entire loss of hearing, and therefore it is always advisable to absorb an abscess when it appears at such delicately constructed parts of the organism. This absorption process will sometimes not require over two or three days of total or partial fasting, though in other cases from seven to fourteen days are essential. As a rule it is advisable to start a fast as soon as you become aware of the nature of the difficulty, and continue until the pain and soreness have disappeared. If there is but little of the pain and soreness left, as a rule a proper diet followed thereafter will then quickly "flush" it out of the system.

The second fundamental method of treating this complaint is just the opposite of that described. The greatest amount of nourishment that can be absorbed by the digestive organism is taken with a view of flushing the entire system with an excess of blood of a superior quality. Naturally you cannot simply "fill up" on any kind of food with the idea that in this manner you are flushing the system. The food must be of a character that is easily digested; therefore, in most cases the milk or the milk and fruit diet are preferable for this purpose. What we term a full milk diet, such as is described in Milk Diet Regimen No. 32, would be especially effective in a case of this kind. Boils, carbuncles, abscesses of all kinds, yield with amazing rapidity to the exclusive milk diet. This is especially true if the diet is preceded by a fast of from two to three days, such as is prescribed in Fasting Regimen No. 2. If the fast does not continue more than two or three days the full quantity of milk, that is, one-half pint

every half hour, could no doubt be taken on the first day of adopting the milk diet. The purpose is to flush the system with the greatest possible amount of nourishment that can be easily assimilated and made into rich blood. I have seen very dangerous appearing abscesses heal so perfectly under the influence of the milk diet that one would hardly notice a scar.

Since the treatment of these difficulties is largely a matter of constitutional upbuilding, I would suggest daily vitality-building regimens applicable to the strength of the patient. (See Vitality-Building Regimens, Chap. VI, Vol. III.)

If the fasting regimen be adopted for the purpose of absorption, one may often hasten the curative processes by inducing a profuse sweat by means of the free drinking of hot water. This should be done in beginning the treatment.

Though the above forms of constitutional treatment are all important in the cure of abscesses, yet one may do much to help in this direction by local treatment in the way of fomentations (hot compresses). Especially will this be of value in relieving pain. In some instances where there is exceptional heat, cold compresses will prove more soothing than hot, and in such cases should be employed. This matter should be determined by the degree of relief afforded the patient. These compresses, either hot or cold as required in different cases, will be infinitely more effective than the old-fashioned poultices. After opening, use only sterile (previously boiled) water. Exercise extreme cleanliness. Sometimes very wet tepid compresses will be found soothing.

Don't attempt to heal the wound too quickly; keep it open by gentle pressure occasionally so that it may be drained of any remaining or newly formed pus each day.

Achylosis.—Disease of the stomach characterized by defective formation of the chyle. For treatment see *Stomach Diseases.*

Achymosis.—Defective formation of chyme. See treatment for *Stomach Diseases.*

Acidity of the Blood is a condition arising from imperfect elimination. During normal metabolism, or the cell ac-

tivity which brings about tissue changes, various acids are continually being formed, these being decomposed and finally eliminated from the body through the kidneys, skin, lungs and bowels. Other acids likewise, are often introduced with our foods. When these acids—uric acid, oxalic acid, etc., are not eliminated, or when their formation is excessive, the accumulation in the blood gives rise to what is commonly known as acidity of the blood.

The results of this condition are disorders in one form or another; the skin and mucous membrane may be irritated, giving rise to such disorders as catarrh, bronchitis, digestive diseases, or to such diseases of the skin as hives, eczema, etc. When the accumulation consists largely of uric acid, inflammatory conditions appear such as are manifested in gout, rheumatism and similar ailments.

Treatment. Acidity of the blood, though often a symptom of some other disorder is the result of an impaired or reduced activity of the functional and depurating organs, due to lowered vitality, and may be treated as an independent condition. By such treatment one may often avoid serious complaints which would otherwise follow in time. Fasting is of special importance in nearly all cases, together with the free drinking of water, the cleansing of the alimentary canal, hydrotherapic and other general measures for stimulating the depurating processes and for building vitality. Exercise is most important as a means of improving the circulation and accelerating the processes of elimination. Other measures which induce free perspiration, and in short, all constitutional measures will be of advantage. Flesh foods, alcoholic beverages and rich dishes should be generally avoided. Aside from a short fast, it will be necessary for the patient to follow a general dietetic regimen such as that given elsewhere for gastritis or other stomach diseases. Where there are symptoms of diabetes, gout, rheumatism, eczema, catarrh and bronchitis, special treatment for these diseases should be adopted.

ACNE.—*Symptoms.* An inflammatory disease, usually chronic, of the sebaceous glands of the face and shoulders and

PLATE A—Acne



Face of patient suffering from acne.



Appearance of body *in* acne

sometimes of the back, characterized by papules, tubercles or pustules, or a combination of these lesions. The most common site for the disease is the face. It may consist of several lesions and sometimes a great number. In some instances this disease will appear in an acute form, running its course in from one to two weeks. As a rule, however, it begins slowly and insidiously. The eruption generally takes the form of a small pale red, bright or dark red pinhead or pea size papule. These papules are usually more numerous on the forehead, chin or lower jaw, in many instances interspered with comedones or blackheads. Generally the gland duct can be seen in the center of the apex of the papule. In many of these cases the skin seems relaxed, thick, dirty and greasy. Generally there is an oily appearance in connection with the disease. If a pustular lesion is squeezed, a mixture of pus and sebaceous matter will be expelled. In some cases five to ten lesions will appear at a time, these drying, healing and disappearing while others appear in their place going through the various stages. Generally no scarring results from the healing of the pustules.

There are several forms of skin disease included under the general name of acne, namely: blackheads, pimples, and whiskey nose (Acne Rosacea.) While never fatal, they are very annoying and cause an unsightly appearance. See also *Gutta Rosea.*

Causes. The disease is a frequent one and the causes are varied. It would seem that in many cases it is a reflex, resulting from a neurosis. In some cases a parasitic factor is believed to be the cause, but this acts rather as a secondary consideration. Even if the disease were induced directly by a parasitic agent or a certain bacillus in the circulation, it would still be necessary to consider the primary and predisposing causes which bring about a condition of susceptibility. Some of the internal factors are digestive disturbances, constipation, menstrual irregularities or other uterine trouble, chlorosis, general debility and lack of tone in the muscular fibers of the skin. External factors are made up of accum-

Appearance of body in acne

Face of patient suffering from acne.

mulations in a dusty or dirty atmosphere, lack of cleanliness, infrequent use of soap, or anything which tends to block the gland outlet. Drugs are a very important cause. The "bromo" proprietary headache medicines are often a cause, likewise the advertised blood purifiers in the spring which contain potassium iodide, also irritative soaps and especially those containing tar or its derivatives. The most easily demonstrated causes which the patients themselves recognize are constitutional and digestive disturbances. Night or day indulgence in indigestible foods will often provoke a fresh out-cropping. These account for those cases in which people after having suffered a severe illness and then returning to their former diet, experience an out-cropping of acne because the digestive tract is not able to digest the food properly. Fermentative dyspepsia and the dilation of the stomach especially are factors. Excessive use of tea, coffee and tobacco will frequently produce the predisposing circulatory weakness manifested by cold hands and feet. Acne attacks those of both sexes between the ages of thirteen and thirty, among the rich and poor, especially those of light complexions and leading a sedentary life.

Treatment. General instructions for constitutional treatment may be followed for the cure of skin diseases, and you can rest assured that definite results of the most desirable character will quickly follow. In addition, however, to the general regimen for removing from the blood the impurities that are the real cause of this difficulty, various local methods can be used for stimulating the affected parts which will, of course, materially hasten the cure. One of the best forms of local treatment for acne is the use of a complexion brush, brushing the skin very thoroughly back and forth, up and down, crosswise and in every possible direction, until the skin is much reddened by the acceleration of the circulation of the surface so induced. This dry friction of the skin should be taken at least once each day, and as a means of still further increasing the activity of the skin of the affected parts, a face mask made of comparatively thick linen cloth, wet in cold

water and applied at night, will be of distinct advantage. This mask can be allowed to remain until dry, and then should again be dampened with water as cold as can be secured. Similar cloths may be applied to back and shoulders, if these parts require treatment. A more radical treatment for the face, in stubborn cases, will be found in the use of alternate hot and cold water. In exceptionally bad cases a full hot bath three times a week may be suggested or a vapor cabinet bath once each week. Do not bruise the pimples by pinching.

The constitutional treatment, however, is the vital and important factor in eradicating this complaint. Adopt a vitality-building regimen suited to your strength. Give special attention to the condition of the bowels and if not normally active adopt treatment prescribed elsewhere for constipation. Avoid rich greasy and indigestible foods, using fruit very freely. It will always help greatly to drink a large quantity of water.

Acromegalia.–Abnormal development of extremities and face, perhaps hereditary. Constitutional treatment, with much exercise.

Actinomycosis.—A rare disease (often called *lumpy-jaw* and *holdfast*) caused by a mould. It is much oftener found in animals than man. The disease begins in the jawbone which swells and becomes partially destroyed, thence spreading through the mouth until the thorax and the vertebral column are affected. Pus is discharged from the swellings which arise. Many of the symptoms resemble those of pulmonary tuberculosis. The course of the disease may either be short, accompanied by fever, or it may last for years.

Treatment. A fast will undoubtedly be of special value in the treatment of this particular complaint, since purity of the blood is absolutely essential in order to prevent the formation of pus or the inflammation which is usually associated with it.

In this instance one should follow Fasting Regimen No. 2 for from six to twenty days, depending altogether on the vitality of the patient, and upon his ability to recuperate from the effects of the fast. If the patient feels at any time

that he has not yet fasted for a sufficient length of time, but appears to be too weak to continue an absolute fast, then adopt Fasting Regimen No. 7, alternating with a milk and fruit diet between the fasts, such as is advised in Milk and Fruit Diet Regimen No. 43. General health-building methods for adding to constitutional vigor, such as are described in vitality-building regimens, should be adopted, suited to the strength of the patient.

ADDISON'S DISEASE.—The "bronzed-skin" disease, caused by changes (especially tuberculosis) in the supra-renal glands of the kidneys (the functions of these glands has not been accurately determined.) A disease causing a brownish discoloration of the skin, especially over those parts which are exposed to the light. This mottled condition may extend to the mucous membrane of the mouth, appear upon the soles of the feet, and around the waist of women. The most marked symptoms of a constitutional nature are thinness, fatigue, loss of appetite, followed by diarrhœa or constipation, irritability of stomach, leading to headache, insomnia and mental weakness.

Treatment. This complaint is generally classed as incurable, and it is probably beyond cure in its latter stages. Unquestionably, however, if the treatment is begun on the appearance of the first symptoms of the disease, a satisfactory recovery can be expected; and even if in its advanced stages, a regimen such as we have prescribed for treatment should at least be the means of delaying the final fatal termination of this serious complaint. I advise the following general treatment: Fasting Regimen No. 1 for one day; Fasting Regimen No. 3 for two days; Fasting Regimen No. 2 for four days; follow this by Breaking-Fast Regimen No. 17, using the milk diet suggested therein. If this is impossible, the Milk and Fruit Diets No. 43 or 46, as taste may dictate; follow with a vitality-building regimen suited to the strength of the patient, though in addition to this, I would suggest a cold abdominal pack each night before retiring, allowing it to remain until dry. If the patient is especially weak, and

has not sufficient circulation to recuperate quickly from the shock of the cold abdominal pack, then this part of the treatment should not be taken.

In the early stages of the disease, three or four full hot baths per week (105 to 110 degrees Fahr.) will be beneficial, thereby relieving the kidneys of much of their burden of service. Later, if the patient is weaker and the hot baths seem too severe, hot blanket packs three times a week may be given instead, accomplishing the same purpose. If even these prove too depressing, a hot abdominal girdle, using hot wet flannel band, may be given every day, followed by the cold abdominal pack just mentioned, if the patient can recuperate. If hot baths or blanket packs are used, they should be given early in the day, with the cold abdominal pack before retiring, as advised. Avoid "too much treatment."

ADENITIS.—(Lymphadenitis.) Inflammation of the lymphatic glands. See *Lymphatic Diseases.*

ADENOIDS.—See *Nasal Diseases.*

ADYNAMIA.—See *Vital Depletion.*

AFRICAN LETHARGY.—(Sleeping Sickness.) See *Tropical Diseases.*

AGRAPHIA.—A derangement characterized by inability to write or express ideas in writing. It is sometimes due to "word blindness," sometime to amnesia (which see) and sometimes to motor nerve disturbances which interfere with the movements of the hand and arm employed. See *Aphasia.*

AGUE.—See *Malaria.*

ALBUMINURIA.—This cannot be described as a disease in itself, being a condition in which a greater or less quantity of albumen is found in the urine. Albumen may be present in small quantities when there is too great a strain upon the system or excessive wear and tear of tissue; when in large quantities, if persistent, it becomes of serious moment. It may be looked upon as a symptom of varying importance and in no case should be neglected. (See *Bright's Disease.*)

ALCOHOLISM.—The symptoms of alcoholism are varied, ranging from the desire for the drink itself to the loss of the

mind experienced in delirium tremens, and sometimes death. The first symptom noticed in those who are moderate drinkers is the feeling of nausea which they experience in the morning upon arising. They cannot concentrate their minds. They are morose, cross, and irritable until they have had their morning dram. They have no appetite, and when they do try to eat, nothing has an agreeable taste. As time goes on, and the patient continues the drink habit the walls of the stomach become congested and hardened, and frequent vomiting will take place.

Then other organs in the same region, such as the liver, will become congested. The later stages are marked by enlargement of the liver. Those who are addicted to the use of whisky and drinks of a like nature are generally afflicted with a contracted and hob-nail liver. Those who use beer and drinks of that nature have what is known as fatty degeneration of this organ or enlarged liver, some of these livers weighing as much as forty pounds. The digestion is interfered with, food sometimes will stay in the stomach for several hours, and then when ejected will not have been acted upon by digestive juices. This indigestion has the effect of depleting the vitality, and the unfortunate one becomes nervous, weak, and emaciated. The nervous system in general is powerfully affected by alcohol. First, with loss of acquired intellect, such as is manifested in talking, and then later on with loss of the natural intellect, such as directs in walking and equilibrium. The brain now becomes congested and in this manner, prevents the nerve cells from acting properly. Likewise, the nerves themselves become inflamed and the patient has what is known as alcoholic neuritis.

Treatment. In outlining the treatment of this disease I will here make no reference to the acute stages that often accompany it, but would refer those who desire information on that subject, to the treatment for Delirium Tremens, which is one of the principal acute symptoms associated with this difficulty. In the treatment of chronic alcoholism the first essential requirement is to adopt those methods which are

necessary in adding to the vitality and general vigor of the body. All of the tissues are naturally affected by the alcohol, consequently the brain is befuddled, the character weakened, and will power, in many instances, is almost entirely submerged.

There is no better method of giving a victim of this disease an opportunity to again secure control of himself, at least in the beginning of the treatment, than can be suggested by a complete fast. The fasting process, especially when the system is filled with a great deal of water, is inclined to wash out impurities and materially to improve the quality of the tissues and the strength of the functional organism; therefore, in the treatment of this disease I would first suggest Fasting Regimen No. 4. If the patient has not sufficient will power to fast to a finish as is prescribed therein, then substitute Fasting Regimen No. 2 followed for from seven to twenty days, breaking the fast in accordance with the fast-breaking regimen that is prescribed in accordance with the length of the fast. It is especially important that the fast be followed by an exclusive milk diet in this case, as outlined in Milk Diet No. 32. The milk and fruit diet may be fairly satisfactory in some instances. A vitality-building regimen applicable to the strength of the patient should be followed. (See Volume III.) Steam baths, provided the patient is not emaciated, will be of material advantage in remedying this difficulty.

Cold compresses to the head and back of the neck are valuable for relieving any cerebral congestion, but for this purpose I would especially recommend a daily cold half bath or cold sitz, preferably the former.

ALOPECIA.—See *Baldness.*

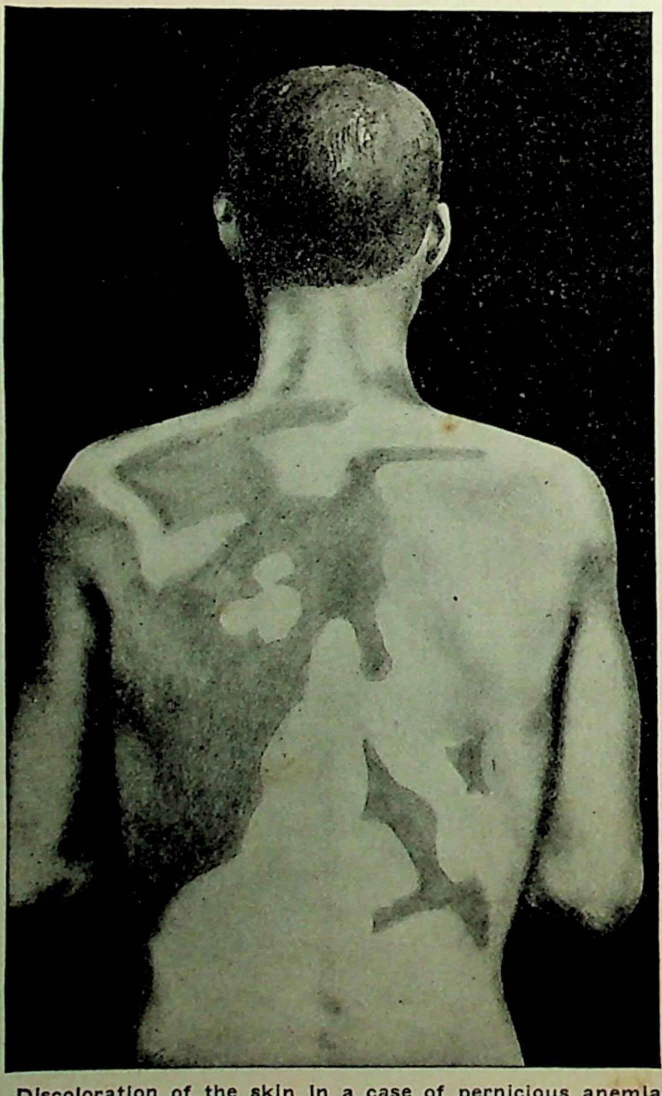
AMENORRHEA.—A suppression or absence of menstruation; also applied to irregularity of same. See *Menstruation;* also Volume V.

AMNESIA.—Loss of memory for words. Constitutional treatment should be the same as for mental disorders.

ANASARCA.—This is a general term used to describe the accumulation of serum in the celluar tissues, especially the body.

Confined locally to certain tissues, it is known as edema, but when associated with effusion of serum into the cavities of the body at various points it is called general dropsy. It often follows obstruction of the blood vessels. In any case, however, the treatment should consist of the constitutional methods elsewhere prescribed for *Dropsy,* which see.

ANEMIA.—Thin Blood. Deficiency in the number of red blood corpuscles or of hemoglobin. In anemia the general symptoms are: pallor of the skin which is cold and sometimes clammy; a soft, feeble pulse which may be rapid; swimming before the eyes; ringing in the ears; weakness, with a tendency to fainting spells. There is lack of appetite, generally constipation and sometimes indigestion; shortness of breath on exertion is marked, and combined with palpitation, nervousness, listlessness, irritability, headache and neuralgia.



Discoloration of the skin in a case of pernicious anemia.

The form of anemia termed *chlorosis* (green sickness) is found in young girls at the age of puberty. In this condition, in addition to the symptoms previously mentioned, the following may ap-

pear: A skin of a greenish hue; a perverted appetite, the sufferer craving the most abnormal foods; and attacks of intense pain in the stomach are common. There may be mental dullness, stupor, combined with vomiting and double vision.

There are two forms of anemia, the acute and chronic. The general characteristics of both are a lack of nutritive elements within the blood.

Acute anemia is always produced by a loss of blood. Occasionally a surgical operation is responsible for the malady; or again, the bursting of an ulcer in the stomach, or hemorrhage from the lungs, prolonged nose bleeding, or the rupture of a blood vessel in any part of the body. Some of the diseases peculiar to women often produce this form of disease. It may develop within an hour from a copious drainage from the veins, or it may be several days in reaching a climax in consequence of repeated small hemorrhages.

Chronic anemia is characterized by the symptoms previously mentioned. Women are much more liable to chronic anemia than are men, principally owing to the fact that they have about one-tenth less blood in proportion to the weight of the body than has the other sex. Intestinal parasites are a fruitful exciting cause, likewise chronic dyspepsia. A fever, by its interference with nutritive processes, will also produce an anemic condition.

A rare form of the disease is that termed *pernicious anema.* It appears to be of comparatively modern development. It is apt to occur during pregnancy, generally in the case of women who have borne children in rapid succession. It is a dangerous condition sometimes marked by discoloration of the skin.

The causes of chlorosis are the same as those that ordinarily produce an anemic condition, the artificial environment which surrounds young girls and their devitalizing habits, especially at the critical period of their existence, tending to produce this malady.

The direct causes which produce these various forms of anemia are, like those to which nearly all diseases that vex

humanity can be attributed, the result of impurities circulating within the blood and lymph streams, with a consequent decrease in general vitality. The circulation is charged and clogged with impure and waste material that should have been eliminated by the excretory organs. Hence the red corpuscles are in what might be termed a smothered condition. They are incapable of absorbing their proper proportion of oxygen, and carrying this life-giving element to the tissues of the body. Hence the futility of endeavoring to correct such a condition by the use of drugs, tonics and medicaments, should be apparent.

Treatment. In the treatment of this complaint it is required primarily that one undergo a general blood-purifying process. The first essential in attempting a regimen of this kind is naturally a fast. If one is above or at normal weight then this fasting process could be continued for a considerable time with material benefit. If one is below normal weight, indicating a serious difficulty of the assimilative organs, as well as defects in the blood-making organs, then, of course, the fast could not be continued for a very long period. As there is great weakness associated with this disease many may fear that a fast might materially aggravate these symptoms. In many cases of anemia, however, a fast will actually be the means of adding to one's strength; in other words, day by day, as one continues the fast, the strength will increase. This is, of course, caused by the improvement in the quality of the blood.

Fasting Regimen No. 2 should be adopted, and continued as long as the patient feels that no unpleasant results are coming therefrom. If one is emaciated the fasting should not continue more than from seven to twenty days and then the fast should be broken in accordance with the fast-breaking regimen applicable to the length of the fast. The milk diet is especially desirable in this disease unless one is above normal weight, and even under such circumstances, the milk diet, if followed from one to two weeks, as is described in Milk Diet No. 33, would be especially valuable. A gen-

eral vitality-building regimen applicable to the strength of the patient should be carefully followed out each day, being sure to add to the length of the walk and to the vigor of the treatments or exercises given each day as strength is gained.

One should in every way endeavor to build up the heart and lung power. Deep, diaphragmatic breathing is essential. Outdoor life, sun baths and light sports will be of great value. The patient should sleep out-of-doors if possible and abstain from prolonged mental effort. Fruit juices are highly beneficial.

Anesthesia.—The loss of sensation due to a pathological condition of the nerves, of the nerve centers, or the external end-organs of the nerves; it is also produced artificially by so-called anesthetic drugs. When pathological, treatment is the same as for paralysis. For reviving patient when artificially induced see *Insensibility,* Volume III., page 1670.

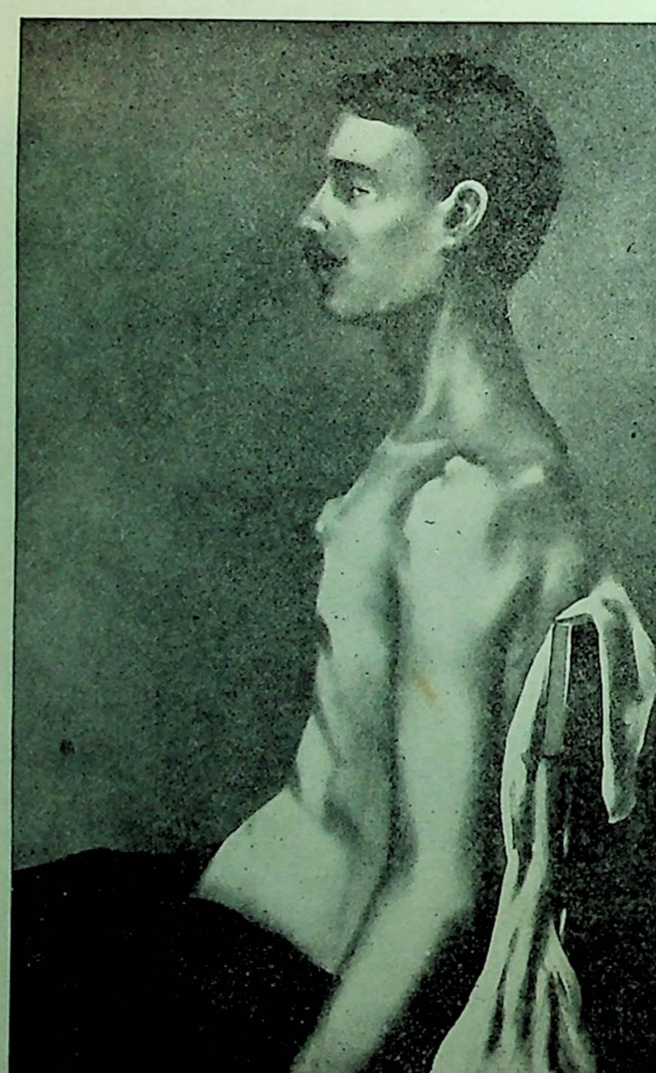
Aneurysm.—A tumor formed by the dilatation of an artery. Its area is circumscribed, and it most frequently develops from the aorta. The exciting cause may arise from a blow upon the chest or follow the lifting of a heavy weight. As a rule, however, it is produced by a gradual dilatation of some part of the wall of the vessel which offers less resistance because of fatty degeneration, or of other diseased conditions of the tissues.

The walls of the arteries in a diseased condition become weak and inelastic, and so from some little strain or extra exertion the outer wall gives way, and the inner coat of the artery protrudes from the opening. This may last for some time without injury to the person, and on the other hand it may burst at any moment and instant death follow. Sometimes aneurysm will form at the upper part of the arch of the aorta, and by constant pressure will cause an erosion of the sternum and the ribs, producing a tumor on the anterior part of the chest. A false aneurysm is produced by the walls of an artery bursting and the surrounding tissues holding in the blood.

Symptoms. The symptoms vary in character depending

upon the site of the aneurysm. They include paralysis of the vocal cords on one side, pains in the chest radiating into the left shoulder and arm, pressure in the throat and heart palpitation, local heat, a sense of fullness, weight, throbbing and tenderness on pressure; a feeling of anxiety. While reclining there is a desire to keep head elevated. In some cases there will appear an external swelling in the region affected.

Usually anyone having aneurysm suffers from greatly impaired health, reduced strength, shortness of breath, and a general run down condition.


The protuberance on chest of this patient is caused by an aneurysm of the pulmonary artery.

Treatment. The treatment of aneurysm should be for the most part constitutional in nature. The weakening of the walls of the arteries which is the actual cause of this disorder has been produced chiefly by an inferior quality of blood which in turn is due to lead or tobacco poisoning or syphilis. In other words, the blood has not been able properly to nourish the tissues of which the arteries are constructed and con-

sequently weakness in certain parts has appeared. As undue pressure is placed upon these weak parts, the walls of the artery gradually dilate, and as a result we have aneurysm.

Our method of treating this disease, therefore, depends first of all upon the purification of the blood stream. I remember on one occasion treating a case where the aneurysm had actually worn a hole in the breastbone, and it appeared on the external chest somewhat like a tumor. In a reasonably short time there was a very marked reduction in the size of this tumor as the result of the vitality-building methods adopted.

If one is at or above normal weight a fast ranging from five to twenty days should be taken. If below normal weight the fast should range from two to ten days. In the first day or two of the fast, Fasting Regimen No. 1 should be followed; Fasting Regimen No. 2 should be followed during the balance of the fast. After the patient has fasted one week, Partial Fasting Regimen No. 8 may be followed; then adopt Limited Diet No. 20 for two days; after which you could vary your limited dietetic regimen between Limited Diets Nos. 22, 26 and 28, in accordance with the desire. If there are defects in the organs of assimilation, in other words if the patient is poor and thin, it would be of very great value for him to go on the exclusive milk diet such as is described in Milk Diet No. 32, though in this case the patient should take no exercise and should remain in bed throughout the entire diet, as nearly as possible. Because of the increased blood pressure, he should carefully avoid strain. If the patient is normal or above weight and there are no assimilative defects, then the limited diet regimen should be continued indefinitely, keeping careful watch of the weight each day and trying to eat as small an amount of food as possible and still retain strength and endurance and mental clearness. If the weight is gradually reduced and you notice a material lessening of strength, then increase the amount of food slightly. If the weight begins to increase, then lessen the amount of food.

Select a vitality-building regimen appropriate to the strength of the patient, having him follow it religiously.

Cold baths of all kinds can be recommended. If the patient finds it difficult to recuperate quickly from the shock of the cold water, apply it to one part of the body at a time: that is, one arm, one leg, then the foot, then the chest and the back. Gradually, as the vitality is increased, a cold percussion bath or cold shower will be of very great aid in bringing about recovery. There is a tendency among general practitioners to decry the influence of cold bathing in all difficulties of this nature, but there is no remedy that can be more depended upon for certain results in this disease.

The application of cold compresses over the affected region may be suggested for the sake of inducing tone and a more vigorous condition of the tissues concerned.

Absolute rest and quiet living, along with the above treatment is necessary. Avoid stimulation and excitement.

Angina.—Choking or suffocation, usually a symptom of some disorder of the respiratory or digestive tract.

Angina Pectoris. (Heart spasms.)—*Symptoms.* A disease of the heart the principal symptoms of which are sudden and acute pain occurring without any external cause. The pain is excruciating, and often radiates into the left shoulder and arm, frequently causing a sensation of cold and numbness. The pains may become so violent that they almost suggest a wish for the destruction of life. Other symptoms are: A marked feeling of oppression, a sensation of fear, shortness of breath, pallor and cold perspiration. (See *Diseases of the Heart.*)

Treatment. An acute attack can nearly always be remedied by a wet pack over chest and abdomen. If the patient is warm-blooded, or a slight fever is present, a cold pack can be used; if otherwise a hot pack should be used instead. When there is the least sign of chilliness after the cold pack, hot water bottles should be placed about the feet, legs and hips to insure a quick return of warmth with an immediate hot compress to the heart itself. In some cases the

application of both cold and hot wet cloths immediately over the heart, alternating from one to the other, is of value. The hot cloth should be allowed to remain until the adjacent tissues are thoroughly warm, and the cold cloths should remain until they are no longer cold. Three minutes for hot and one minute for the cold is usually a good plan. This changing of the cloths from hot to cold will materially accelerate the circulation and will often bring almost immediate relief.

When symptoms of this kind are in the habit of appearing at regular intervals, one should remember the necessity for constitutional treatment. The limited diet is extremely important in these particular cases, and I would advise the following out of Limited Diet No. 20 for two days, after which you can vary between Limited Diets Nos. 22 and 23 for from seven to ten days. Following this I would suggest the plan described in Limited Diet No. 31. As a rule the following out of these instructions will produce results, though in some few cases where the assimilation is poor, or one is greatly under-weight, Fasting Regimen No. 2 for three days, followed by the Milk Diet No. 32, which should be continued as long as the patient gains weight, and for a considerable period thereafter if convenient, would probably bring splendid results. Select a general vitality-building regimen suited to the strength of the patient, and see that it is religiously followed day after day.

ANGIOMA.—A tumor of blood-vessels. See *Tumor*.

ANKYLOSIS.—*Symptoms.* A bony formation between a joint resulting in stiffness. There are two forms of ankylosis —a true and a false. In true ankylosis the bones forming the joint grow together, thus making a complete bone, and the joint is absolutely immovable. In false ankylosis the ligaments of the joint are shortened and there is always some, if only a slight degree of, movement.

Causes. Ankylosis is caused by disease or injury. From dietetic errors or otherwise the system is overcharged with various toxins. Morbid matter is deposited in the contracted blood vessels about joints, causing inflammation, and a fibrous

exudation is deposited about the joint. When this solidifies the joint becomes immobile. In the case of an accident: if the inflammation is properly taken care of, seldom will ankylosis take place. On the other hand, if the inflammation be not reduced, ankylosis is often the result.

Treatment. When true ankylosis exists there is no possible method of cure, except through the aid of an operation, though the value of this method is in a case of this kind questionable in many instances. Where there is false or partial ankylosis, or in other words, when a slight movement of the joint can be secured, the flexing and manipulation of the joint each day to the extreme limit of its movements, will in every instance gradually break any adhesions that may exist, and will gradually increase the range of movement of which the joint is capable. Of course, in connection with these movements there should be a blood-purifying, vitality-building process. One should remember in treating joints of this nature that the movements should never be continued until there is a distinct feeling of acute pain.

Follow Fasting Regimen No. 3 for five days, followed by Breaking-Fast Regimen No. 16; the exclusive milk diet is advised if it can possibly be followed, and though this diet may in the first few days increase the inflammation, if you are making a material gain in weight this development should not cause worry, as this diet usually aggravates symptoms of this kind for the purpose of entirely ridding the system of them. If the milk diet does not finally seem to bring results by lessening the tendency to deposit rheumatic poison, Meat Diet No. 105 may be used for at least two or three weeks, followed by Salad Diet No. 84 for from five to seven days.

A general vitality-building regimen, adapted to the strength of the patient, should be followed carefully day after day This is an absolutely essential part of the health and body-building methods to be employed in order to secure satisfactory results.

Ankylostomiasis.—See *Hookworm*.

Anosmia.—An impairment or loss of the sense of smell,

often associated with similar failings in the sense of taste. It may be due either to diseases which affect the mucous membrane of the part or to some disease or injury of the cranial nerves having to do with the sense of smell.

Treatment. If there is any primary disease of the mucous membrane this should be treated. Constitutional measures for improving the nervous system are necessary. In most cases a fasting regimen adapted to the strength of the individual will be effective in restoring a normal condition.

ANTEFLEXION.—A bending forward of the womb in which its upper body sinks down between the cervix and the neck of the bladder. See *Womb;* also Vol. V.

ANTEVERSION.—Displacement of the uterus in which the upper body turns forward, the cervix backward. See *Womb;* also Vol. V.

ANTHRAX.—(Malignant pustule, wool-sorter's disease.) One form of anthrax, sometimes designated as *benignant* anthrax is an ordinary carbuncle, and should be treated by methods described elsewhere in discussion of *Abscess.* True or malignant anthrax, however, also known as malignant pustule, is a dangerous infectious disease common in animals and transmitted by them to man. Butchers, stable hands, tanners and wool-sorters are most often attacked.

Symptoms. The symptoms of the disease vary according to the mode of infection. Wound anthrax or infection from small wounds shows, in rapid succession, pain, redness and swelling of the affected part of the skin, followed by the formation of a yellowish bloody vesicle which ruptures and changes into a brown, later black, crust. The surrounding skin becomes swollen with a bluish discoloration. As the disease progresses there is headache, fever, pains in the limbs, weakness, stupor, blue discoloration of the face, difficult breathing with vomiting and diarrhœa.

When infection is brought about by inhalation of wool dust containing anthrax spores, as in the occupation of hat makers and rag sorters, it is known as wool-sorter's disease, and symptoms allied to those of pneumonia appear in the

lungs. There is chill, fever, pain, difficult and spasmodic breathing, bronchitis and cough. It is rapidly fatal in most cases. When the alimentary canal is the seat of infection, as the result of eating diseased meat, there is great pain in the abdominal region, vomiting, great thirst, abdominal distention and diarrhœa.

Treatment. Anthrax usually runs so rapid a course that energetic measures are needful if life is to be preserved.

In case of infection of a wound cauterize the ulcer with caustic or red-hot iron as soon as possible. Ulcers in the intestines are usually fatal, so that one should guard against the poison entering the patient's mouth and exercise extreme precaution, as it is a highly contagious disease.

After cauterizing the ulcer, treat as any carbuncle, especially with hot fomentations, or with alternate hot and cold compresses. Constitutional treatment, however, is the essential thing, and it should consist of energetic measures of an eliminative type to get the toxic matter out of the system. A hot blanket pack, daily, continued for a couple of hours, and followed by cold ablution, is suggested, given in the morning. If there is much fever, a cold wet sheet pack may be used instead. Patient should have full hot enemas (115 degrees F.) and should drink hot water in as large quantities as possible. Fasting Regimen No. 5 is advised, followed by the appropriate breaking-fast regimen, suited to the length of the fast.

ANTI-TOXIN.—See Vol. I, p. 572-7, also *Vaccination*, this Volume.

ANURIA.—See *Urine, Retention of*.

ANUS, FISSURE OF.—A torn condition of the membrane at the rectal opening. As the feces are discharged the act of elimination becomes extremely painful. There is a smarting, stinging sensation, followed by a dull burning and throbbing. The pain may continue for some hours after defecation.

Fissure of anus is always associated with piles or hemorrhoids, and a "sentinel pile" is found at the upper end of the fissure. Fissures in women are frequently the result of accidents during labor. Constipation and hardened feces in the

rectum may cause great straining in attempts at evacuating, leading thus to fissure.

Treatment. Cauterization of fissure and a fast of moderate length will in nearly all cases bring about a cure; I would therefore advise Fasting Regimen No. 2, to be followed for a period of from seven to fourteen days at least, and if one possesses normal weight the fasting regimen could be continued for a still longer period. Following the fast, the breaking-fast regimen applicable to the length of the fast, should be followed, though the milk diet is not advised. For the purpose of bringing about unusual activity of the alimentary canal I would advise the Cereal Diet No. 81, after having satisfactorily broken the fast on the proper breaking-fast regimen. Olive oil or sweet oil should be applied to the affected parts at least once a day, and it is usually advisable to wash the part with hot soap and water before applying the oil. When the fast continues, movements of the bowels should not be especially encouraged. In some cases the bowels do not move for several days while fasting, and this would be of value in this instance, as it would give the inflamed tissues an opportunity to heal. Naturally a vitality-building regimen adapted to the strength of the patient would be of value.

Anus, Prolapsus of.—The result of a weakened and relaxed condition of the rectum and its mucous membrane. Constipation and irritation of the urinary organs are contributory causes.

Symptoms. Rectum seems to turn inside out and protrudes.

Treatment. Return the bowel by placing patient on back with knees apart. Gently manipulate back into place. Keep bowels open and soft and remain quiet for some time. Cold sitz baths, and local cold compresses are valuable to invigorate the tissues. Follow treatment advised elsewhere for constipation, if the bowels are not regular.

Anus, Ulceration of.—*Symptoms.* Sensation resembles that of piles, pain during defecation and discharge of pus. Constipation or carelessness in evacuations are leading causes.

Treatment. Cleanse thoroughly with warm water and castile soap and apply olive oil or sweet oil. Follow treatment suggested above for fissure of anus if the ulceration is persistent.

Aphasia.—A morbid condition characterized by the loss of the power of speech. It may be due to failure to comprehend ordinary language or to express it, because of impaired memory, or it may come about through loss of control of the vocal organs. In the latter case it is known as *motor* or *ataxic aphasia.* Sensory aphasia, due to failure of memory of words is commonly known as *Amnesia.* Inability to write or express oneself in writing is known as *Agraphia,* which may be due to a condition of "word blindness," to amnesia, or to disturbance of the motor nerves concerned.

Treatment. Constitutional measures alone are of value in cases of this kind, for improvement depends upon building up the nervous system and bringing about a condition of such vitality and perfect nutrition that the brain cells may have an opportunity to mend and adjust themselves in a normal way.

The general constitutional and vitality-building regimen prescribed elsewhere for mental derangements should be followed in a case of this kind. Where there are undoubted motor disturbances or nervous defects, the general treatment for paralysis will sometimes be more appropriate to the case in hand.

Aphonia.—Loss of voice or of normal or musical tone of the voice, usually due to excitement, hysteria, or momentary paralysis.

Cold water applied to the face, head and neck will relieve the patient. When due to disease, see treatment for Diseases of the Larynx.

Apoplexy.—(A "stroke.") A paralytic seizure of one side of the body which occurs suddenly and is usually extensive. It is due to the rupture or obstruction of a blood vessel in the brain. Obstruction of the blood vessel is brought about either by coagulation of the blood in an artery of the brain, or by the lodging of blood clots formed in one of the large arteries

of the body, and carried into the blood vessels of the brain by the blood current.

In an acute attack, such as usually occurs after severe hemorrhage, the patient falls to the ground as if struck down and loses consciousness at once. The face is generally flushed, respiration resembles a snore and the lips and cheeks are drawn in and puffed out during breathing; the limbs are completely relaxed; the urine and feces are discharged involuntarily. One sided paralysis (hemiphlegia) often follows, though frequently the patient in time recovers from the attack. Sometimes death follows instantaneously.

Treatment. In the treatment of this very serious ailment, in many instances, little can be accomplished for the time being to relieve the patient, although everything possible should be done to relieve the intra-cranial blood pressure. Immediately get the patient before an open window where he can secure a plentiful supply of pure air, for this is most important; next loosen any clothes that may be binding about the neck or on the chest; then raise him to a partially sitting posture. To relieve the congestion of blood in the head, apply cold wet cloths to head, face and the nape of neck with small ice packs applied over these wet cloths to keep them cold, especially when there is much fever. A wet cloth at the nape of the neck with a small ice pack thereon would be of value. Ice bags may be used if available. Placing the feet in a hot bath at the same time will be of special value in drawing the blood away from the head.

When there is an attack and there seems to be little congestion, and apparently no fever, hot cloths applied to the entire length of the spine can be especially recommended. After having made the patient comfortable, following an attack, you should then plan a general constitutional treatment for stimulating the vital functions with a view of hastening recovery.

The necessity for improving the condition of the blood is seen in the fact that the rupture of the blood vessel, with the subsequent hemorrhage into the brain, is always the result of disease of the wall of the blood-vessel.

It is necessary that attention be given to the bowels, provided they seem to be costive, and if so it is advisable to use an enema for this purpose at least once a day, though not oftener than this. If the free drinking of water is encouraged it will probably bring about sufficient activity of the bowels; if it does not, then use a level teaspoonful of salt dissolved in a glass of hot water, once a day for this purpose.

First of all, it should be remembered that the fasting process should be absolute in nearly all cases of this trouble. As a rule this complaint comes only to those who are above normal weight, and there is little or no need of nourishment. In some few instances a small amount of acid fruit-juice might be used, simply as a means of flavoring the water, with a view of encouraging the patient to add to the amount of water that he drinks. But outside of this deviation no food of any kind should be taken by one who is recovering from a stroke of apoplexy; at least, as long as he is gaining strength. Strange as it may seem, day by day as the patient recovers from an attack of this kind and while avoiding food of any character, strength is gained, and the best guide as to what nourishment should be taken is indicated by the period in which the patient has ceased to gain strength, and by an emphatic and intense desire for food of some kind.

The very greatest possible care must be used in breaking the fast after an attack of this nature. A dietetic mistake might mean a relapse which would be serious in character. I would therefore advise that the fast be broken by adhering rigidly to the breaking-fast regimen applicable to the period of time the fast was continued. For instance, if the fast lasted ten days, Breaking-Fast Regimen No. 17 would be the most satisfactory. If the fast lasted from eleven to twenty days, Breaking-Fast Regimen No. 18 should be used. The milk diet might thereafter be followed for a short time in treating this particular ailment. If considerably above normal weight, and the digestion and assimilation seem to be satisfactory in every way, it would probably be better to adopt the other diet described in the breaking-fast regimen, in each case though

after having continued your usual dietetic habits for eight to ten days I would advise a trial of Diets Nos. 95, 98 and 99.

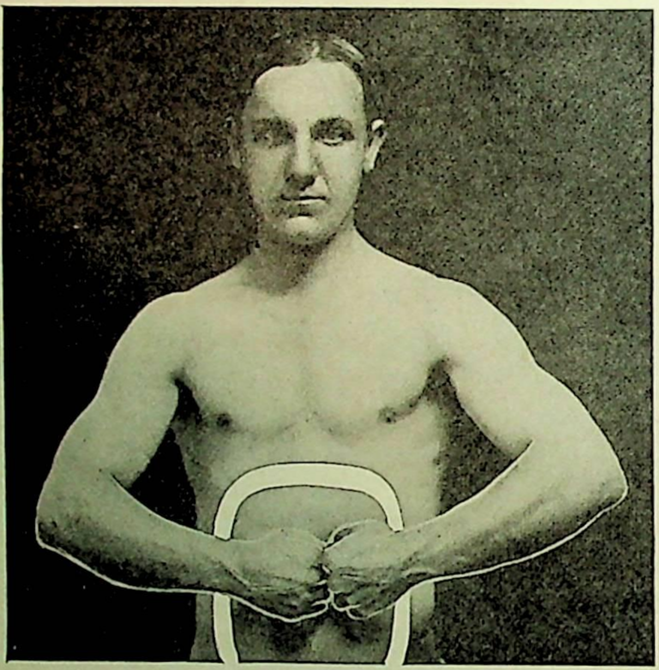
As to the general regimen that can be prescribed when beginning the constitutional treatment, I would suggest a hot spinal pack sometime during the morning hours, for half an hour to an hour, these packs being changed once or twice and made hotter on each occasion. A cold abdominal pack should be given toward evening if the patient is very warm or suffering with fever. If the patient is inclined to be chilly, then a hot abdominal pack should be used, this pack to be as hot as the patient can bear it. Various movements of the spine would be of value in stimulating the activity of the nerve centers, and for this purpose I would advise Physcultopathic Treatment A or B for the first few days. As a part of the treatment regimen, however, as the patient gains in strength, Physcultopathic Treatment E would be more applicable to his needs, and when he develops sufficient strength to move around, Physcultopathic Treatment F can be especially recommended. If Treatment F is used, naturally the special spinal pack in the morning can be omitted, as this is given during the treatment. As fast as strength is gained in this particular ailment, the patient should be encouraged to move about and exert himself in various ways in accordance with his inclination, being careful not to go beyond his strength. Walking is a splendid exercise in such a case, and it would be best if the patient could both live and sleep out-of-doors.

The preventive phase of treatment is an important one. Those suffering from arterio-sclerosis, or who have already experienced one apoplectic stroke, should be careful, temperate and regular in their affairs. They should avoid all excesses in pleasure or work. They should never quarrel. They should neither lie down soon after eating nor retire at night with a full stomach. It is best to remain quiet before and after meals. Drinking water should be soft, not hard, and neither foods nor habits should be such as to lead to getting fat.

Appendicitis.—Inflammation of the vermiform appendix, a small sac or pouch which is situated at the exit of the

small intestine and the entrance of the large. In size and form this pouch resembles an ordinary earthworm. The disease appears in two forms: acute and chronic.

Acute appendicitis is ushered in by the presence of a severe, sharp stabbing pain in the region of the right groin. Combined with this there may be pains of a colicky nature in the surrounding area. Extreme tenderness is noted when any pressure is applied to the seat of inflammation. In most cases there is a warning sense of chill, followed by a quick high fever, the patient rapidly becoming seriously ill, in some cases entering a state of severe collapse. The pulse becomes rapid and though at first strong soon becomes feeble. There is invariably nausea and sometimes severe vomiting. Constipation of a more or less obstinate character is always present. The abdomen swells and the skin stretches until it becomes drum-like in its distention. The accompanying pain is more or less spasmodic. Recovery follows with the gradual subsidence of the symptoms either completely or incompletely. When partial symptoms remain, chronic appendicitis sometimes follows. Another result possible, other than death, is the formation of an abscess within or around the appendix.

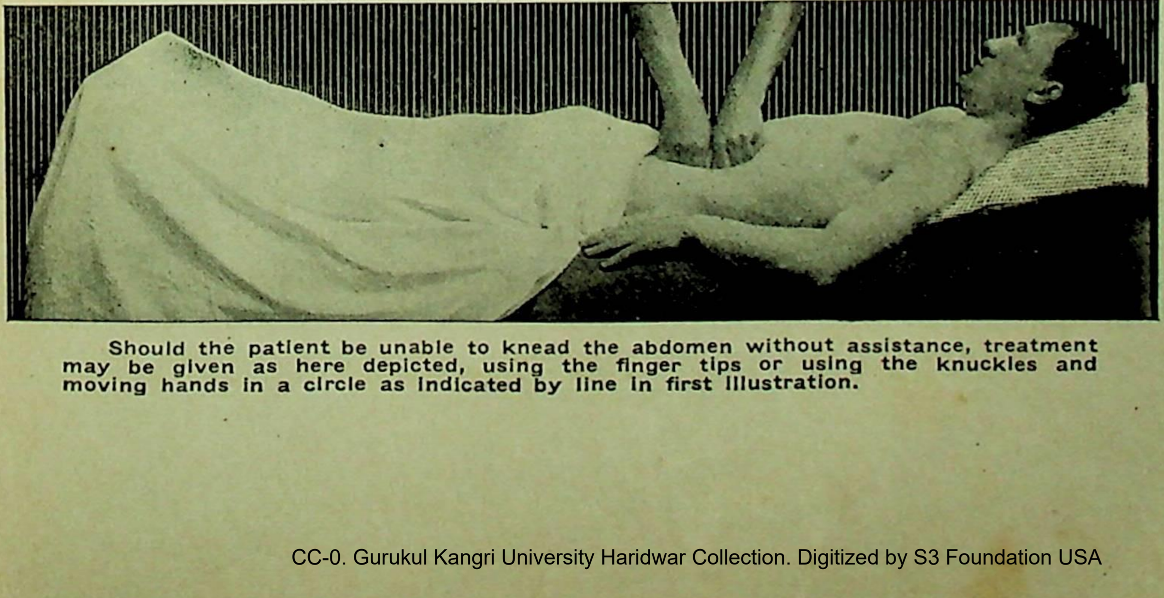


Acute appendicitis may often be warded off by kneading the abdomen. Instead of kneading center of abdomen, begin at lower right side, and move hands upward, then across, then down and across, and again upward, around entire course of colon as shown in white line in cut.

Chronic appendicitis is more frequent than is generally

supposed. The symptoms which indicate its presence are recurring attacks of more or less acute pain and tenderness near the right groin with nausea and constipation. Fever is usually absent. These attacks frequently subside without treatment, only to recur at long or short intervals. Acute appendicitis has, of late years, come into prominence, though it is to be doubted whether the disease occurs so frequently as is supposed or the medical fraternity claims. Many of the common old-fashioned intestinal troubles are now referred to as appendicitis, perhaps not altogether through disinterested motives. Such symptoms may be due to the accumulation of gas, the old-fashioned stomach-ache and over-exertion combined with overeating. It might be stated that the only cause of appendicitis, either acute or chronic, is a tendency to obstinate constipation combined with overeating under such circumstances. Hardened fecal matter accumulates within and around the region of the vermiform appendix, followed by inflammation and suppuration, frequently terminating in an abscess.

Treatment. In the treatment of an acute attack of this disease it is first essential to cleanse out the lower bowel with a full enema. As the introduction of water under such circumstances is frequently exceedingly painful, it is sometimes necessary to use water as hot as the patient can bear it, and introduce the water very slowly. You should remember, however, that it is necessary to cleanse out the colon throughout its entire length. If you will take a long rectal tube, extend it into the rectum and slowly but surely force it up the colon as far as possible



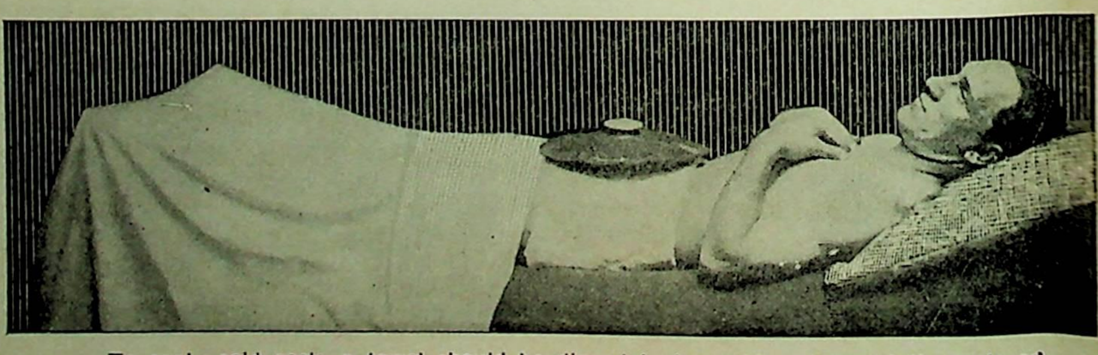
Should the patient be unable to knead the abdomen without assistance, treatment may be given as here depicted, using the finger tips or using the knuckles and moving hands in a circle as indicated by line in first illustration.

you should be able gradually to bring it near to the seat of the difficulty and then by forcing up this tube a quantity of oil ranging from one-half pint to a quart, depending largely upon how near the appendix you are able to force the tube, in many cases you can depend absolutely upon almost immediate results. Pure cotton seed oil may be used, being less expensive than olive oil.

Hot abdominal packs can be used to allay the fever. Hot water bottles can be placed over these hot towels to insure their being kept hot. In case there is very high fever these towels should be cold, and they can be kept cold by the use of ice bags, though try and avoid the possibility of chilling the tissues and thus producing harm. When using ice it is well every half hour quickly to sponge the parts with tepid water to restore tone to the tissues. Too much chilling will impair their vitality. Do not apply ice or ice bags direct to the skin, but always have two thicknesses of wet cloth under them.

The patient should be encouraged to drink large quantities of water, preferably hot, unless he is suffering from a high fever; under such circumstances cold water can be used. In some instances it is advisable to give one or two glasses of water in which a teaspoonful of salt has been dissolved. This will, as a rule, assist in bringing about the activity of the bowels which is so very important in this particular difficulty.

No food of any kind should be given the patient while there are any acute symptoms remaining, and even when food is allowed it should be only when it is very strongly craved, and



To apply cold pack, a towel should be dipped in ice cold water and then placed around patient. The cold pack may be made more effective if an ice bag filled with crushed ice is used in conjunction with it as here illustrated.

should be of a nature to keep the bowels fairly active. In fact it would be advisable to give a laxative in the form of olive oil each day, and in breaking the fast, following the cessation of acute symptoms, I would suggest Fruit Diet No. 75 for the first day; Fruit Diet No. 77 the second day; Fruit Diet No. 78 the third day, and Cereal Diet No. 81 for at least a week thereafter; after which a general diet can be followed consisting of such foods as will agree with the patient.

In the treatment of chronic appendicitis the entire regimen depends upon the building of increased vitality and the improvement of the health in every way, with special attention given to bring about regular activity of the alimentary canal. I would, therefore, advise for the treatment of chronic symptoms of this disease, Fasting Regimen No. 3 for from three to ten days; use Breaking-Fast Regimen No. 16 in case the fast is less than five days; and Breaking-Fast Regimen No. 17 if for a longer period. The milk diet is of special value in these cases, provided it does not too greatly aggravate the inclination towards constipation. The milk diet sometimes brings about extreme symptoms of constipation during the first few days of the regimen, though it tones up the alimentary canal, thickens the walls, and very materially aids in remedying acute symptoms of appendicitis, provided, of course, the first manifestations of constipation are not too severe. In case they are severe, Milk and Fruit Diet No. 43 could be followed for a few days, and should the bowels not show proper activity after this diet has been followed for this length of time, Cereal Diet No. 81 would be advised for a considerable period.

A vitality-building regimen suited to the strength of the patient should be religiously followed. Long walks are especially recommended in this complaint. Various movements bringing the abdominal region into special activity are recommended. When the patient is fairly strong Physcultopathic Treatment M can be highly recommended. In fact all exercises that are inclined to add to one's vitality and general vigor are valuable in the treatment of this complaint.

ARRHYTHMIA.—Lack of rhythm in heart-beat. Symptom of some Heart Disease (which see.)

ARTERIES, DISEASES OF.—A number of types of disease are found in the arteries. The most important are: *Arterio-sclerosis,* due to old age. *Arteritis,* an inflammation due to infections by micro-organisms, such as syphilis and tuberculosis; and *Aneurysm,* (which see) due to dilatation caused by mechanical effects or diseased walls.

Arterio-sclerosis is produced by a gradual hardening and thickening of the arterial walls with or without a deposit of lime. This disease usually accompanies old age, although occasionally found in the young. The elasticity of the arteries is interfered with, and those of the wrist and temple present a hard and wiry feel to the touch, not unlike whipcord.

Treatment. As arterio-sclerosis is entirely of constitutional origin, that is, a defect of the various organs that supply the blood to the arteries and tissues, the methods of treatment must be adopted with a view of purifying and adding to the general vitality of the blood stream. There is no disease in which fasting is more valuable than in this complaint. If the sufferer is of normal weight a materially long fast can be taken with very great benefit. I would suggest that Fasting Regimen No. 2 be followed for from ten to twenty days, that a breaking-fast regimen applicable to the length of the fast be used, and that the Milk Diet No. 32 be followed thereafter for a considerable period. The milk diet may add materially to the weight, and this may be considered disadvantageous by those who are already carrying a normal amount of tissue; but rest assured that a material change will take place in the affected arteries. The large quantities of the ideal liquid food that are consumed in the milk diet flush the system with an unusual quantity of superior nourishment, which is inclined to eliminate all the various symptoms connected with the hardening of these tissues. When the milk diet cannot be taken, a combination milk and fruit diet would be recommended, such as is described in Milk and Fruit Diet No. 43. Every possible health-building measure should be

adopted with a view of adding to the activity of the external circulation. Wet sheet packs, for instance, if applied daily, would be of very great value in the treatment of this complaint. Be very careful, however, that the patient quickly recovers from the influence of the cold wet sheets; hot water bottles should be ready to be placed at the feet and about the body when giving this treatment, if there should be the least suggestion of chilliness. A general vitality-building regimen adapted to the strength of the patient should be followed each day. It is, of course, necessary that the bowels be kept active at all times.

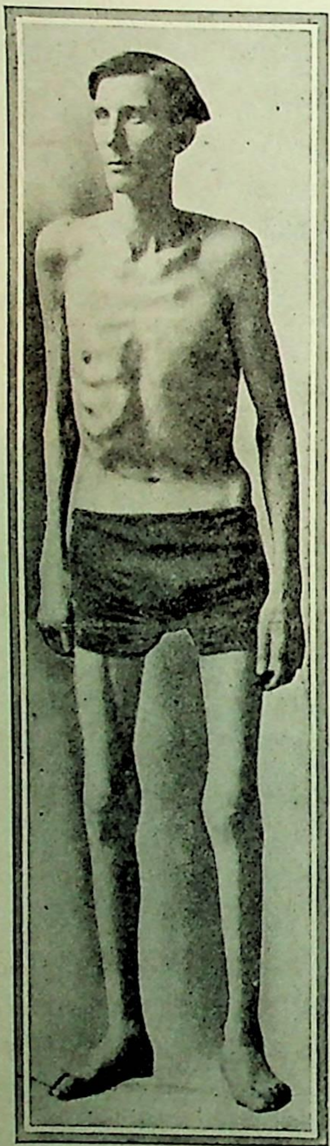
ARTHRALGIA.—Pain in a joint. See *Gout, Rheumatism, Joints, Diseases of.*

ARTHRITIS.—See *Joints, Diseases of.*

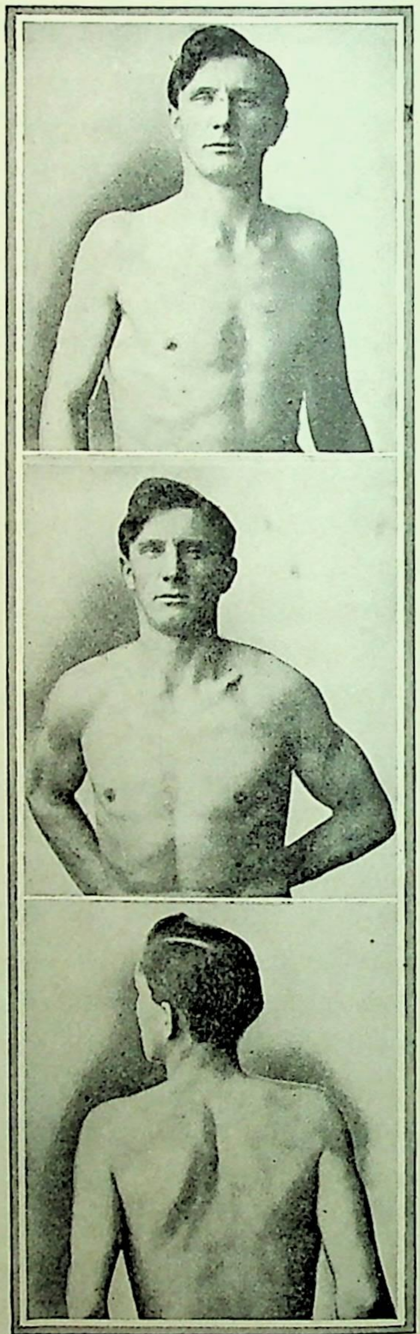
ARTHRITIS DEFORMANS.—A chronic and deformative inflammation of the joints. It differs from articular rheumatism in that considerable growths of the bone change the form of the joint, producing a state of deformity. The deformity becomes intensified by the gradual wastage from disease of the muscles surrounding the joint. Otherwise the symptoms, which may persist for years are almost the same as in articular rheumatism. The affection occurs most frequently in middle-aged and elderly persons, but it has also been observed in young persons and children.

The disease begins with pains in the joints occurring principally during exercise, with disagreeable stiffness of the joints, most marked after rest. These disturbances are followed by the joint losing its flexibility. The disease may involve one joint only such as the hip; or, as is usually the case, several joints of the fingers, hands, vertebræ, etc. Generally the corresponding joints of both halves of the body become affected.

Treatment. The general treatment prescribed for rheumatism should be followed in the treatment of this disease, the only difference being that the affected joints should be stimulated by movements in every possible direction, as are described and illustrated under the head of Mechanical Physcultopathy, in Vol.



Mr. A. R. Balenseifer, as he appeared before his drugless cure of rheumatic arthritis—weight 145 pounds.



Photographs showing same patient after his recovery—weight 160 pounds.

III. When these movements cannot be taken by the patient himself someone else should give them to him. When there is an actual and extensive bony deposit as the result of the disease I know of no method for removing it. When the swelling is caused by inflammation it can in nearly all cases be reduced and the inflammation dissipated. When it is due to the formation of hard cartilaginous tissues in some cases it can be reduced and in others it cannot.

In all cases the local circulation should be first accelerated by hot wet packs, immersion in hot water, if in the limbs, or the alternate use of hot and cold applications.

ARTIFICIAL RESPIRATION.—See Volume II, page 1121, and Volume III, page 1650.

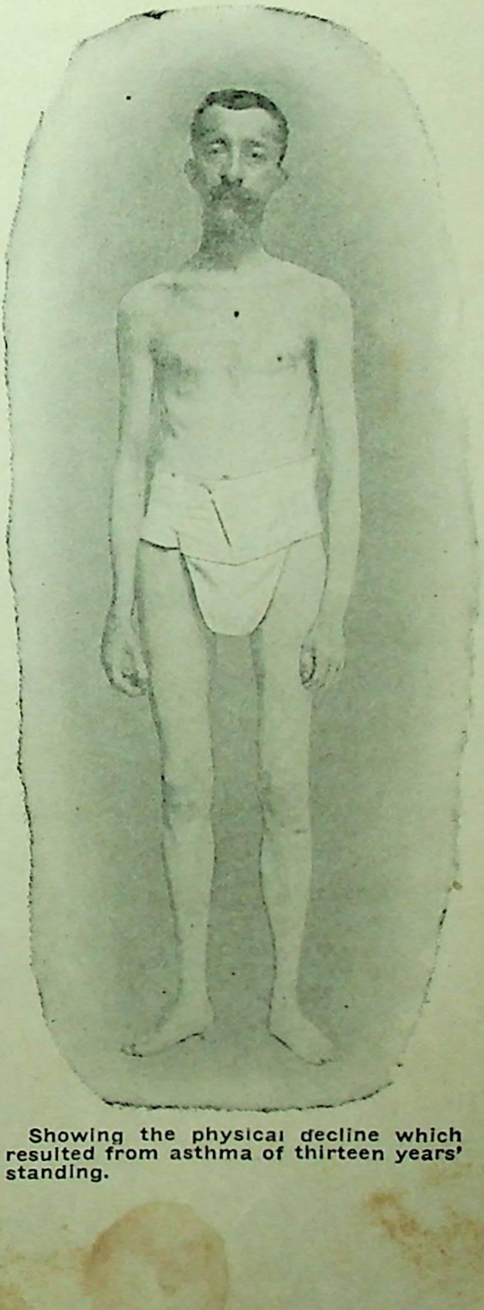
ASCITES.—Dropsy of the abdomen, or peritoneal cavity, See *Dropsy*.

ASPHYXIA.—See Volume I, page 164; Volume III, pages 1650-52.

ASTASIA.—Motor incoordination in standing. See *Abasia*.

ASTHENIA.—Loss of strength. See *Vital Depletion*.

ASTHMA. (*Spasmodic Breathing.*)—*Symptoms.* These are spasmodic in character and occur at irregular intervals. Attacks of asthma are frequently preceded by an over-wrought or excited condition of the nervous system There is great difficulty in breathing, especially in expiration. In many cases it necessitates not only the

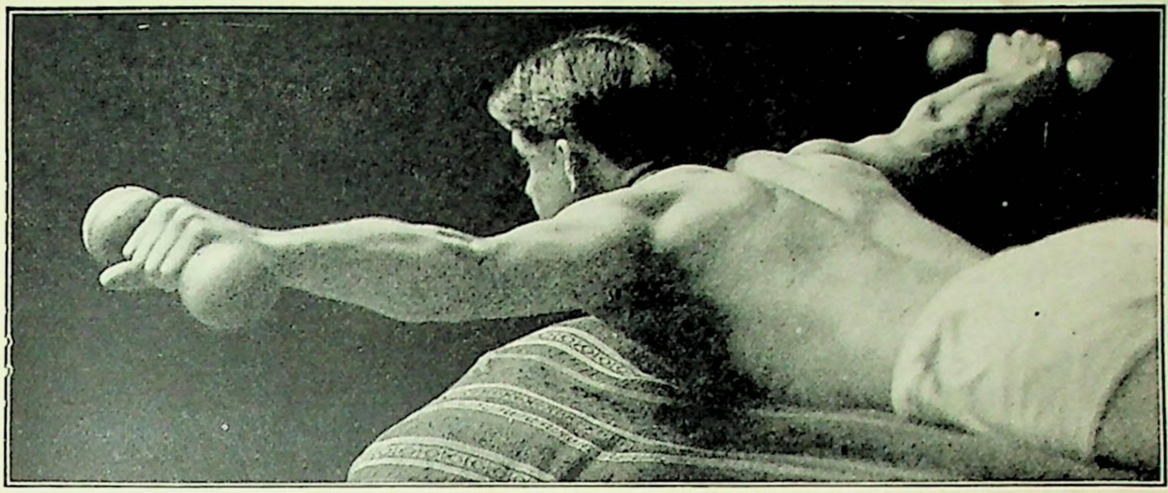


Showing the physical decline which resulted from asthma of thirteen years' standing.

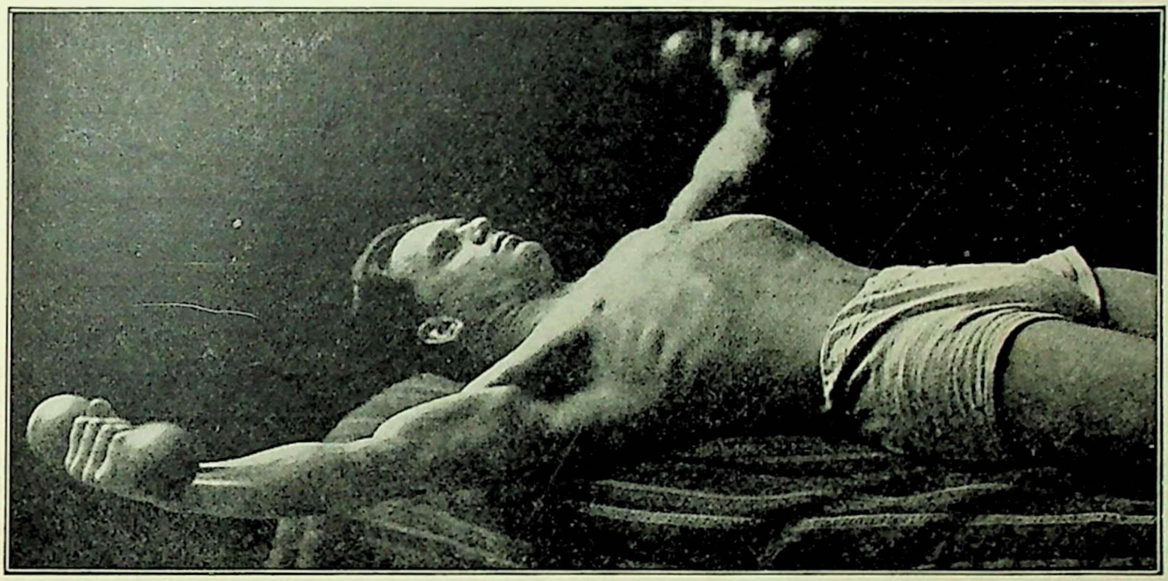
patient's sitting erect or standing, but the grasping of some fixed object on which he can pull. Such severe attacks as these are accompanied by a blueness of the lips, dilated nostrils, bulging eyes, and a congested expression. The pulse is rapid. The attacks often pass as suddenly as they arise, disappearing as the nervous system is relaxed. Irritating vapors, or an excessively moist atmosphere are unfavorable and may help to produce an attack.

An asthmatic condition is produced by spasmodic contraction of the muscular fibers in the smaller bronchial tubes. Hence there is a tightness or constricted feeling in the chest, while the breathing has a wheezing or whistling sound. The ordinary variety of asthma has no connection with hay-fever or hay-asthma as regards the cause. The latter is induced by irritating substances such as the pollen of plants, the dust of roads, etc., and the chief symptom is acute catarrh of the mucous membrane lining the respiratory apparatus. This causes swelling of the membrane to the extent that breathing is interfered with. Asthma is sometimes confounded with other maladies in which there is also a difficulty in breathing, such as certain forms of heart trouble and lung affection. But the latter are due to organic defects, whereas asthma primarily is a nervous disease. In addition to the gradual increase of difficulty experienced in respiration in the later stages of the complaint the victim becomes gaunt, sallow and hollow cheeked; and in such instances, when the lung loses its resiliency pulmonary emphysema follows.

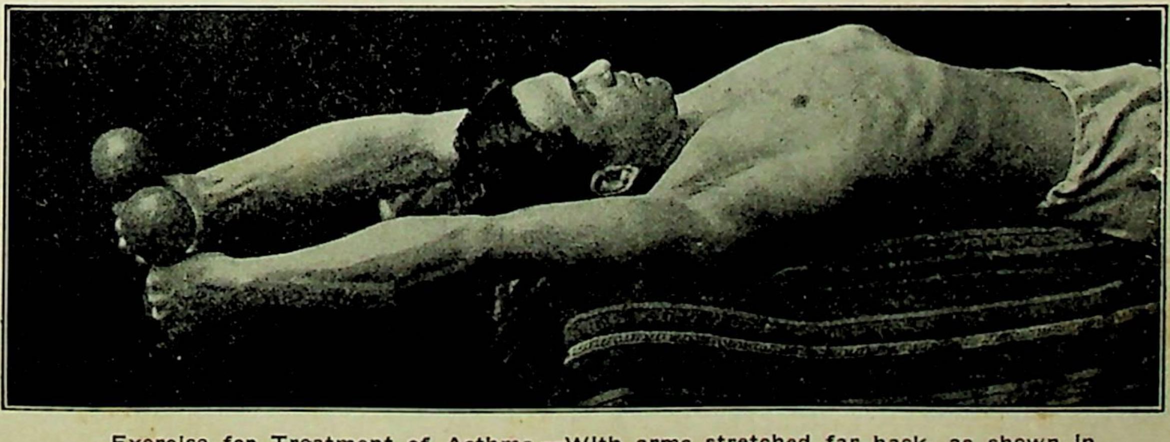
Treatment. This disease yields with speed and certainty to the methods that we advocate. I can truly say that I have never known of a case of asthma in which our theories have been followed in detail where complete and satisfactory recovery has not been attained. I definitely recall one of the first cases of this disease that we ever treated. The patient was almost a skeleton; had tried every known remedy; had visited various resorts and sanitariums and was about ready to give up. He improved so rapidly under our regimen, however, that thirty days after beginning the treatment he returned to



Exercise for Treatment of Asthma.—From position illustrated, bring arms downward as far as possible, and then return to former position. Bring upward as far as possible. Keep your elbows rigid during this entire movement, and repeat until tired.



Exercise for Treatment of Asthma.—With arms as shown in illustration, elbows rigid, bring dumb-bells up and touch them together immediately over the chest. Repeat the exercise until there is a distinct feeling of fatigue.



Exercise for Treatment of Asthma.—With arms stretched far back, as shown in the illustration, elbows rigid, bring the arms upward until high overhead. Repeat until there is a distinct feeling of fatigue of the muscles of the chest, which are brought into active use by this exercise.

his home to continue his business, gaining during this period twenty-five pounds, chiefly of muscular tissue.

Notwithstanding the many statements that you may hear to the contrary, asthma is a constitutional disease, due to defective functioning or to inability of the blood properly to nourish the system. The nerves especially must be built up.

In the treatment of this disease one must first of all recognize the necessity for placing the patient as nearly as possible out-of-doors. Closed rooms of any kind are to be absolutely avoided. No matter what method of treatment you may adopt, if this suggestion is not kept in mind in every instance, nothing but mediocre results can be expected. With the head of the bed placed so that a draught from an open window blows directly upon the face of the patient, or with the adoption of some other method to insure that every breath of air is of equal purity to the outside atmosphere, you can rest assured that you have made a long step toward curing this very unpleasant and serious disease. Tight clothng must be avoided. After having been assured of a perfect supply of outdoor air, your attention should next be given to diet, since patients in nearly all cases eat too much, though in many instances the character of the food consumed as well as the quantity of it is inclined to aggravate the disease.

In the very beginning of the treatment I would advise a fast, ranging from three to five days if the patient is below normal weight, from five to ten days if possessed of average weight. If below normal weight a fast of five days or less should be broken with the Breaking-Fast Regimen No. 16, and the milk diet should then be followed so long as there is a gradual increase in the weight. If above normal weight adopt breaking-fast regimen adapted to the length of the fast, though it is not necessary to adhere to the milk diet; the other dietetic regimen advised can be followed. After going through the diets advised in the breaking-fast regimen. I would advise following out Diets Nos. 91 and 94, alternating from one diet to the other each day. A vitality-building regimen adapted to the strength of the patient should be followed

out carefully and religiously in order to build up strength generally. It is absolutely essential to build up the vitality that must be possessed in order to be entirely free from this unpleasant disease. Long walks are of special value in this way for remedying this complaint, and if deep breathing exercises are taken during these walks a much greater gain will be noticed. In fact, if the patient is fairly strong, moderate running can be especially advised. These exercises enforce deep breathing and will help materially.

Various exercises for the chest are especially recommended. The movements that are suggested in the treatment of consumption for developing the muscles of the chest and back can be followed with very great benefit in the treatment of this disease. Physcultopathic Treatments J, K and L are also of special value. Be careful not to overwork the muscles. Whenever there is a distinct feeling of fatigue while taking any movement it is advisable immediately to discontinue it.

The above constitutional treatment is absolutely essential to bring about any radical or permanent benefit, but during an acute attack of asthma hydrotherapeutic measures are of incalculable value. During a severe paroxysm of asthma, especially, hot chest and shoulder packs, repeated every half hour, have a sedative effect upon the nerves and a relaxing influence generally, giving the quickest and most satisfactory relief. Sometimes a hot water bag applied to the chest will be sufficient. Medical men advise the dropping of a little rosin upon a hot stove, the drinking of lots of strong hot black coffee, or the inhalation of chloroform, but such measures are not at all dependable. Hydrotherapy offers far better results through the plentiful drinking of pure hot water under such circumstances, and the inhalation of steam. The inhalation of steam or, as we had better say, steam-laden air, may be provided for by using an ordinary tea-kettle, attaching a funnel or cornucopia to the tip, and inhaling from the upper wide end of the cone. Care should be used to avoid breathing the steam too hot. This is very effective in relieving spasms.

In many acute attacks relief will be found in a simple hot

hand bath or hot foot bath, the former being the more convenient. The hands and forearms up to the elbows are immersed in hot water, ordinary pails being used for the purpose. An attack may often be aborted by this simple measure, used three or four times a day, for ten minutes on each occasion. Cold ablution should always follow the hot hand bath. This hand bath has a reflex influence upon the respiratory function.

Asthma being primarily a nervous disorder, it is often relieved by prolonged application of cold compresses or ice bags to the occiput or base of the head. When using ice, a couple of folds of a wet towel should first be placed next the skin. The nerves may be quieted in many cases by a prolonged neutral bath in the evening, with complete immersion at a temperature of 95 degrees to 98 degrees F. Following this a hot abdominal pack will relax the diaphragm and also exert a reflex action upon the bronchioles. Hot enemas will also accomplish this result, and are to be recommended above other measures if there is any deficiency in the action of the kidneys.

When the hot chest and shoulder packs are given, they should be followed by quick, cold ablution of the chest, shoulders and back, using a wet towel or sponge. This will restore the tonicity of the circulation. In some cases a cold chest and shoulder pack, renewed every half hour, will prove more satisfactory. While hot packs have a relaxing and sedative effect, usually to be desired in a severe paroxysm, the cold packs have a tonic effect, which is more to be desired when the attack is not extremely severe. In such a case also a half bath, at 80 degrees to 85 degrees F., and lasting for ten minutes, will be of great value. During this bath, in which only the legs and hips of the seated patient are immersed, he should be rubbed by attendants, while rubbing his own chest and arms. And two or three times during this half bath slightly colder water should be poured down his spine for a few moments. This treatment cannot be given to one who is very weak or whose recuperative powers are limited, but it is of great advantage to one who can take it comfortably.

Remember, however, that these measures, though invaluable for their palliative effect in relieving acute attacks, are not sufficient for all purposes. The constitutional treatment first outlined is vitally important and should be depended upon for the permanent cure.

ASTIGMATISM.—See *Sight, Disturbances of.*

ATAXIA.—A word generally used to indicate the loss of ability to control muscular movements. Such inability is very frequently a symptom of a number of nervous disorders, both of an acute and a chronic nature. It is not infrequently the sign of some form of poisoning, notably alcoholism and syphilis.

Ataxia may show itself in a variety of forms. It may be mild as seen in the staggering gait of the semi-intoxicated man; or it may be very profound as in diseases of the nervous system such as in general paresis, tumors of the cord and brain and in Locomotor Ataxia (which see).

The methods advised for the treatment of locomotor ataxia can be followed with effective results in this complaint.

ATROPHY. (Wasting Away.)—See *Muscular Atrophy.*

AUTO-INTOXICATION. (Self-poisoning.)—A type of poisoning that may take place in the body as a result of its own perverted metabolism, i. e. faulty tissue change or diseased function. Poisoning from chronic retention of fecal matter, though often alluded to as auto-intoxication is not really a self-poisoning but is caused by agents outside of the body. Diabetes may be cited as a disease that bears a close relationship to auto-intoxication. It is produced by imperfect combustion and elimination.

Treatment. In all ordinary cases the treatment for auto-intoxication depends altogether for results upon general constitutional upbuilding, and the following regimen will be effective in practically every instance, if adhered to in detail.

The treatment should be begun by Fasting Regimen No. 2; the fast should range from five to twenty days, depending altogether on the weight and strength of the patient. The

fast should be broken in accordance with the period for which it was continued, as directed in the breaking-fast regimens. The milk diet thereafter is especially valuable in this complaint, and if possible the patient should adhere to it for a considerable time, selecting Milk Diet No. 32. It is more especially necessary if one is below normal weight. Then, too, this diet adds materially to the strength of the alimentary canal, toning up the tissues and materially improving the assimilative powers. If possessed of at least a normal amount of weight before commencing the fast then the milk diet should be followed after the fast until the lost weight has been regained. Following this, Salad Diet No. 84 could be recommended for at least three or four days; after which you can vary the diet between Cooked Diets Nos. 91, 92 and 94; the general vitality-building regimen adapted to the strength of the patient should be followed each day. Long walks are especially recommended as a valuable means of aiding the purifying processes of the body; and general exercises for all around muscular development would materially add to the muscular energy and thereby increase the nervous energy. As the digestive organs look to the nervous system for the energy which is necessary to carry on their processes, you will accordingly see that as you add to the nervous energy you greatly increase the efficiency of the blood-making organs throughout the entire body.

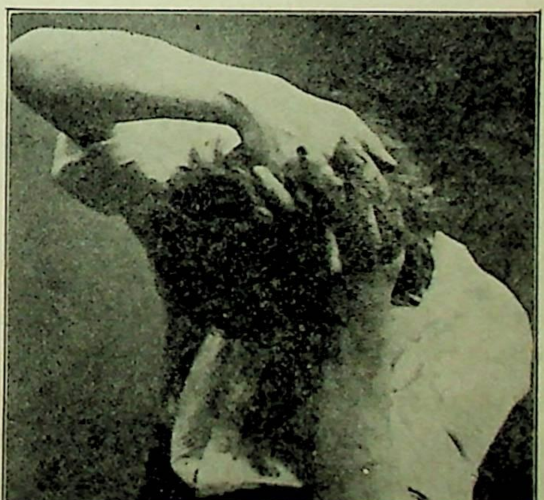
BACKACHE may be due to a heavy chill, sprain, kidney trouble or other functional disturbance. In many instances the ache is due to a lesion in the spine, caused by a relaxed muscular condition, in which the muscles of the back, especially under the shoulder-blades are too weak and fail to maintain a proper position of the torso, allowing a decided drop in the curve of the spine, crowding the vertebræ and pressing upon the nerve fibers. In women, backache is caused frequently by weaknesses peculiar to the sex, especially in misplacements of the uterus. The weakened and relaxed ligaments, attached to the back, are under an unnatural strain, causing the sense of pain in the back.

Treatment. When backache is a symptom of some disease or the result of functional disorders attention should be given to the primary trouble. Misplacements in women should be corrected by the methods advised elsewhere. In nearly all cases, treatment of the back by means of Mechanical Physcultopathy will be of great value. The application of hot or cold compresses, or of both hot and cold alternating, will give relief in many cases. Muscular stiffness and lameness from unusual exertion will be relieved by hot wet packs.

BALANITIS.—An inflammation of the mucous membrane of the foreskin with a purulent discharge. The trouble begins with an intense itching of the affected parts. If the discharge is neglected this may lead to swelling and contraction of the foreskin, becoming complicated by inflammation of the lymphatics and nearest glands. The irritation sometimes leads to the practice of masturbation.

Treatment. The foreskin should be moved back as far as possible and the parts washed very thoroughly with hot water and soap at least twice a day. After the affected parts have healed, this practice of cleanliness must be continued. Naturally any improvement in vitality will be of aid.

BALDNESS. (Alopecia.)—*Causes.* While some cases owe their origin to a parasite, it generally is due to a disturbance of the nervous system. In symptomatic alopecia, the possibility of the return of the hair is directly proportionate to the removability of the cause.



Massage and general care of the scalp and hair are essential for the prevention of baldness.

Treatment. Cleanliness, scalp massage and ventilation are essential. The neck muscles must be free from tension and the head carried erect. As there is nearly always much con-

gestion and heat in the head, this must be reduced by cooling applications, such as daily bathing with cold water or the use of a little vinegar in cold water.

It is best not to wear a hat except when absolutely necessary. Carry the hat in your hand most of the time, allowing the sun and wind to vitalize the scalp. Free brushing and gentle pulling should be practiced as preventive measures. A general vitality-building regimen suited to your strength should be adopted.

BANDAGING.—See Volume III, page 1653.

BANDY LEGS.—See *Bow Legs.*

BARBER'S ITCH (Sycosis: Eczema or Ringworm of the Beard.)—A skin eruption characterized by the appearance of a number of small red spots and purulent vesicles, usually pierced by a hair. When a hair is extracted the root is found to be grayish in color and shaped like a sausage. Pustules dry as yellowish or greenish crusts, mat the hair together and adhere to the parts. If the disease persists for some time, chronic eczema of the face may follow or it may be covered with crusts. Unless vigorous measures be adopted the disease is stubborn.

Treatment. When it is apparent that each of the pustules is caused by a parasite, then by simply plucking out the hairs and observing strict cleanliness the disease will disappear. However, if the disease is apparently not brought about by this cause, then the complaint must be treated as a constitutional difficulty. To be sure, local means, such as applying wet cloths to the affected part upon retiring can be used to considerable advantage. Alternate hot and cold wet cloths are even more effective, finally allowing a cold wet cloth to remain over night. This will stimulate the local circulation and materially assist in the healing process. Strict cleanliness is necessary. In order to be sure of getting quick and certain results, however, a fast of two or three days or more, followed by the breaking-fast regimen adapted to the length of the fast, will be effective. Milk Diet Regimen 32 thereafter is preferable, as it

is inclined to cleanse the body and the skin of impurities of this nature more quickly than any other dietetic regimen. If it is difficult to follow the milk diet then follow the ordinary regimen prescribed. Or, Salad Diets Nos. 85 and 86 for a few days, would be especially good in this complaint. Soup Diets Nos. 88, 89, 90 and 91 also would be of undoubted value for a day or two. The main thought to keep in mind, however, when treating diseases of this kind is to be sure that you are not eating beyond your digestive capacity; if anything, try and eat less than you really need. If you find that you are not thoroughly assimilating your food, then the most satisfactory means of getting relief is to turn to the exclusive milk diet; if this is impossible, then adopt a milk and fruit diet, such as is prescribed in Nos. 42 and 43. Steam cabinet baths, also Turkish baths if the patient is not too light in weight, can be especially recommended.

It is best to cut the hair short, and shave when inflammation has subsided, continuing the shaving until cured.

BARLOW'S DISEASE.—Scurvy in Infants. See *Scurvy.*

BARTHOLINITIS.—Inflammation of Vulvo-vaginal gland. Same treatment as for *Vaginitis.*

BASEDOW'S DISEASE.—See *Exophthalmic Goiter.*

BED SORES.—Ulcers which appear over the bony prominences of the pelvis in the buttock region caused by the continued pressure of lying in bed in the same position for a long period. They may also appear on the shoulder-blades and heels. Unless great cleanliness be observed these sores are liable to appear in all cases of protracted illness, especially in diseases of the spinal cord. An irritated spot appears, soon becoming livid, and a flat ulcer follows. This may deepen and eat out the bone, spreading rapidly.

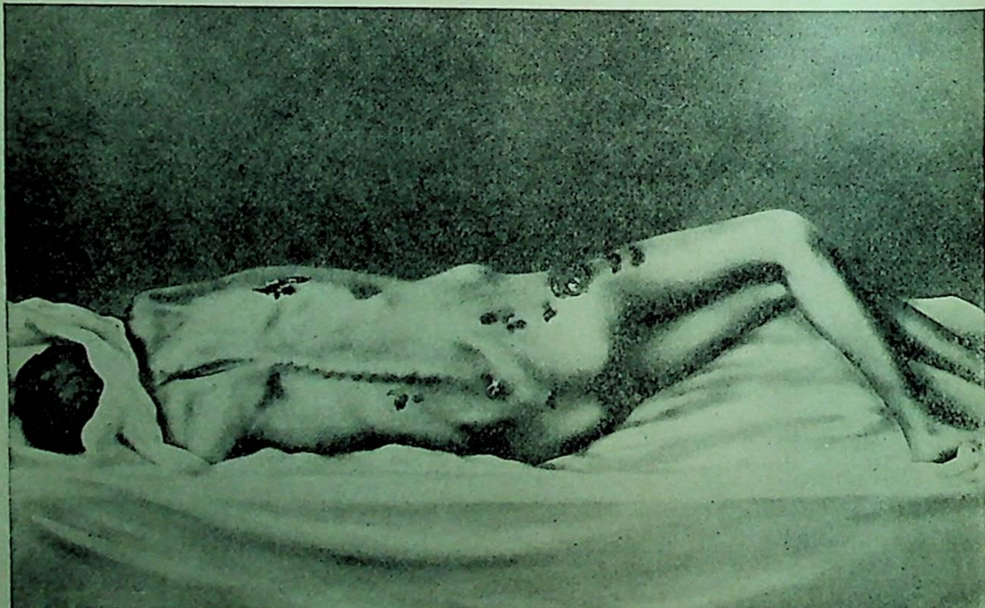
Treatment. These sores can often be treated with success by wet packs applied to the affected parts and around the adjacent parts of the body, though the more satisfactory method is to have an air cushion so arranged as to avoid irritating the sores. Wrinkled sheets and too much covering should be avoided. Have sheets smooth and clean.

As a rule, however, if proper methods, such as we advocate, are adopted, the increase in the vitality of the patient is so marked that there is no need of remaining a bedridden invalid. As soon as one reaches a condition where he can avoid remaining in bed throughout the twenty-four hours of the day, these sores will quickly disappear.

BED WETTING. (Enuresis.)—A habit usually confined to children resulting from a debility of the nervous system, local or general.

Treatment. Regulate diet, induce composure, insist upon evacuation of the bladder before retiring and at stated intervals, gradually extending the time between the intervals.

Very greatly decrease the amount of food taken at the last meal. Especially impress upon the child the reason for this particular lessening of the amount of nourishment. In some cases, it may be necessary to lessen the amount of food given until it becomes a hardship to the child; the object of thus lessening the food is two-fold. First, to lessen the inclination to urinate frequently, which is especially noticeable when overeating. Second, to impress upon the child the necessity of getting up to urinate at the slightest warning. Furthermore



An extremely severe case of bed sores.

when a child goes to bed on a full stomach he always sleeps more soundly and therefore the warning would have to be more distinct in order to awaken him. Avoid spices, condiments and salty foodstuffs; no tea or coffee, but fruit-juices instead. Massage in the region of the bladder and lower part of the back may be useful, but a cold abdominal pack on retiring will be even more effective. See that the bowels are active and regular. A morning cold sitz bath will be especially valuable for invigorating this region and improving the nerves.

In combination with the lessening of the food the child should be awakened frequently during the night and requested to get up and relieve himself. In time the child will acquire the habit of awakening of his own account. In the case of a child troubled in this way he should retire early, so that he may be taken up to empty the bladder at the hour that his elders retire.

BELCHING.—See *Eructation.*

BERI-BERI.—*Symptoms.* A disease which somewhat resembles a form of pernicious anemia combined with symptoms of dropsy. It is commonly regarded as infectious and the result of a specific micro-organism, though in some cases it is thought to be an aggravated type of neuritis. Impairment of motion and pain are prominent symptoms attended by numbness, first in the lower extremities and later in other parts. In some forms there is atrophy as well as loss of power in the affected muscles. Dropsy characterized by much swelling is a predominant symptom of the disease.

There is a variety of other symptoms, including heart palpitation, difficult breathing, heart murmurs, and disturbances of the action of the organs in general.

Treatment. In a case of beri-beri the question of diet is particularly important inasmuch as improper food is unquestionably one of the general inducing causes of the disease. Fasting Regimen No. 1 for one or two days and then Regimen No. 2 for two or three days will be of great value if followed by an exclusive milk diet, or other form of milk diet.

In some cases, especially where there is a lack of appetite, a much longer fast may be recommended. Physcultopathic Treatment A and B should be used in connection with the hot spinal pack and even more vigorous treatment may be employed where the patient has strength enough. When he is able to take exercise, this would be of great value, otherwise any of the general movements indicated in Mechanical Physcultopathy (see Vol. III, page 1513-1600) are to be recommended. A warm neutral bath should be used when on a milk diet. A wet sheet pack should be used every day as a means of elimination. Special pains should be taken to keep the bowels active, using enemas if necessary.

BILIOUSNESS. (Torpid Liver.)—A form of auto-intoxication or self-poisoning due to defective intestinal function rather than to any affection of the liver itself. The ingestion of too much food, or food of too fatty a nature, produces a certain amount of intestinal inflammation with thickening of the mucous membrane. This narrows the bile duct and diminishes the amount of bile that may pass into the intestines. The inflammation, together with the decrease of bile permits an excessive amount of intestinal fermentation and putrefaction. Headache, nausea, vomiting, constipation, clay-colored stools, dark urine and slight jaundice develop in more severe forms.

Treatment. As one of the principal causes of this disease is the lack of fruits and vegetables in the diet, in many instances by simply adding these articles of food to the dietetic regimen, and avoiding too much meat and other rich foods, the complaint will disappear. The very free use of lemons will frequently bring quick and certain relief. Acid fruits of all kinds, apples, oranges, pears, peaches, will help to relieve the symptoms of this disease. In treating the complaint one will do well to begin the regimen by a fast of a day or two.

In case the disease is very serious in nature, and has continued for a long period, then a regularly prescribed regimen will have to be given in order to insure results. A temporary and acute attack of biliousness, however, can usually be quickly

relieved by drinking large quantities of hot water which can be flavored with lemon juice. A part of this hot water may be ejected from the stomach immediately after it is introduced, though immediately after this I would advise the patient to take as much more hot water as he can drink, which will usually be retained, and which will materially help in washing out the stomach and intestines. After this he should fast until he has a distinct appetite, and then confine his foods largely to fruits and vegetables.

In the treatment of biliousness that has been chronic for a long period, the following instructions are given: Fasting Regimen No. 6 for five days, followed by Fruit Diet No. 75 for two days; Fruit Diet No. 78 for from three to seven days; after which he should adopt a general diet that previous experience would indicate as being of a nature to agree with him and bring satisfactory results. A general vitality-building regimen adapted to the strength of the patient should be adhered to each day, if quick results are desired. Increase in the general muscular vigor will materially help to remedy the complaint.

BIRTH MARKS. (Angiomata.)—Morbid formations resulting from abnormally developed blood vessels, which result in certain peculiar patches in the skin which are developed at birth or occur shortly afterwards. They vary in color from red to blue or purple; they are flat and superficially situated and may grow rapidly after birth. They are usually located on the eyelids, lips, nose, forehead, cheeks, neck, or back, and vary in size from an area as large as that of the head of a pin to that involving the greater part of the face. They sometimes extend as a broad blue surface over the greater portion of the face, causing a considerable degree of disfigurement. Pressure with the finger causes a blanching, but the vessels immediately fill up again as soon as the pressure is removed.

Growing angiomata, with the aid of an anesthetic, may be excised or cauterized in a very satisfactory manner, if the treatment is applied at an early stage.

As a general thing it is hardly wise to try to interfere with birth marks, inasmuch as they do no real harm. Since there is not necessarily any disorder in the blood or special weakness in the way of health, constitutional treatment will have no effect. Skin grafting may sometimes be resorted to in extreme cases.

BITES.—See Volume III, page 1675.

BLACK DEATH.—See *Plague, Bubonic*.

BLACKHEADS.—(See *Acne.*) Small swellings in the skin due to obstruction of the sebaceous or oil glands. The superficial part of the exuding fatty matter dries and darkens, hence "blackhead." By pressing the skin with a watch-key or between two finger tips the excess of fat which is clogging the gland can be expelled in the form of a whitish worm. When present in excess they lead to blotches, to furuncles or boils, and to various eruptions of the skin.

Treatment. If the general regimen in the treatment of skin diseases is followed out in this complaint satisfactory results can be expected. Dry friction on the affected parts with a complexion brush will materially hasten the cure. A dry rough towel or the open hand can be used for friction, though the brush is much better. If a wet cloth or face mask is worn at night the activity of the eliminative processes will be materially hastened. In stubborn cases it is well to precede this, before retiring, with alternate applications of hot and cold, water, finally applying a cold cloth to remain until morning. As a rule it is not advisable to use a watch-key or the finger tips to press out the blackheads. The dry friction, such as I have described, will in nearly all cases be effective, and will not cause the large unpleasant looking pores that are so often noticeable when the tissues are bruised by forcing the blackheads from the skin with finger tips or other similar methods. The bruising of the tissues through this pinching often causes large pimples to appear, and sometimes small boils.

BLACK-WATER FEVER.—A severe type of fever malarial in character. It is observed especially in the tropics, and is characterized by fever ushered in by a severe chill, serious

constitutional symptoms, vomiting, jaundice, and a dark discoloration of the urine due to the sudden destruction of a large number of red blood-cells. Hence the name. The disease lasts from a few days to a number of weeks, producing severe anemia and loss of strength.

Treatment. In the treatment of this complaint if the patient is kept as nearly as possible out-of-doors, or at least given a free supply of fresh air, recovery will be materially hastened. The most important part of the daily treatment would be the wet sheet pack. If the fever is very high this pack should be cold; if there is only one or two degrees of fever, the pack should be hot, though even when the pack is cold the patient should be quickly warmed, either with hot water bottles and considerable covering or the free drinking of hot water, or both, in order to insure free perspiration during the pack. In using the hot pack, woolen blankets will be found better than sheets.

This opening of the pores, and the rapid elimination of impurities from the body by perspiration, are especially important in remedying this complaint. Full enemas once each day, or at least every other day, are advised especially. As to the temperature, the same rule given for the pack can be followed in reference to the enemas; when the fever is high the enema should be cold; if the body is at normal temperature or very slight fever, the enema can be hot (105 degrees to 115 degrees F.)

The patient should be encouraged to drink very freely of water, which could be flavored with lemon juice, if desired. No food of any kind should be given until the acute symptoms of the disease have abated. If the patient appears to be especially weak at the time when the wet sheet pack is due, then instead of giving the wet pack, apply hot spinal packs, such as are described in Physcultopathic Treatment D. In fact the recovery of the patient can be materially hastened through Physcultopathic Treatments A and B, given daily, (preferably in the evening) to the limit of the patient's strength.

The important features in the treatment of this disease are, first, fresh air; second, fasting; third, the free drinking of water; fourth, the wet sheet packs and the various methods for stimulating the spine and the external tissues; fifth, the cleansing of the bowels through the use of enemas.

BLADDER, DISEASES OF.—*Inflammation of the Bladder or Cystitis or Vesical Catarrh.* Although the symptoms of this disease vary in nature and intensity at its various stages it generally begins with a sensation of tenderness in the region of the bladder. Frequent pains are felt at the neck of the bladder on passing water. A frequent and continuous desire to urinate arises; and even after urination there may be spasmodic contraction of the bladder showing great irritability of its lining. The urine is cloudy and is passed in small quantities. In older and chronic cases this condition may go so far as to cause such irritability of the neck of the bladder that the urine cannot be voluntarily passed, but must be withdrawn with the aid of a catheter. In severe cases the urine will resemble pus or matter, and the bladder becomes saccubated (distended), retaining a portion of the urine for such a length of time that ammoniacal decomposition ensues increasing the irritation and trouble.

Stones in the Bladder or Calculi are found in adults and children but are more often observed in men than in women. Their color, size and form, vary, ranging from the size of gravel to that of a small egg. Oxalic, uric and other acid crystals precede their appearance in the urine, with a deposit of brick dust or white-powdery sediment. Symptoms which precede the appearance of stone are tenderness in the region of the bladder, and severe sharp stabbing pains immediately after urinating. In the case of males this pain frequently extends to the head of the penis. Often the urine passed is tinged with blood, the desire to urinate is frequent and only a small quantity is passed at a time.

Spasm of the Bladder. A peculiar disturbance due to some irritation at the neck of the bladder. It sometimes follows excess in alcohol or the use of alcoholic drinks which

have not been completely fermented. It is often present in cystitis or inflammation of the bladder. The chief symptom is an excessive desire to urinate which persists after the bladder is empty. Attempts to pass urine result in the expulsion of only a few drops and call forth a severe burning pain.

Paralysis of the Bladder. A condition usually accompanying diseases of the spinal cord. It may occur as a gradual result of degeneration of the muscles of the bladder from chronic inflammatory processes such as catarrh, or enlargement of the prostate gland. The paralysis involves either the expulsive or sphincter muscles so that the urine cannot be retained in the bladder and is constantly dribbling; or it cannot be properly voided because the expulsive power is lost and retention results.

Tumors in the Bladder. Growths in the bladder may be either malignant or benign. During the early stages of their formation these tumors are not distinguished by any clearly defined symptoms. Urinary difficulties and evidences of catarrh in many cases accompany the latter stages of the disorder.

Treatment. There is considerable uniformity in our methods of treating the various diseases of the bladder. Naturally, however, there is a wide difference in the treatment of acute symptoms and those that appear in chronic difficulties. When the disease is chronic in character the acceleration of the circulation in the affected part, together with the building up of vitality in general will be found the most practical plan of treatment. When there is acute pain, or any of the other various acute troubles which appear in this disease, it can be allayed in nearly every instance by hot sitz baths and the free drinking of hot water. If it is not convenient to take the hot sitz baths, then hot abdominal or hip packs can be taken, to be changed several times if immediate relief is not secured. The form of the "T" bandage is preferred for these packs, the more perfectly to cover the abdomen, groin and hips.

It is most important to drink large quantities of hot water when these acute symptoms appear, as an increased quantity

of water to liquefy the blood is very essential at this time. Frequently because of the presence of pain in urinating, or by reason of other uncomfortable symptoms in connection with the bladder, one will make the very serious mistake of drinking as little water as possible. This aggravates the difficulty in all cases. The plan that should be adopted under circumstances of this nature is exactly the opposite: in other words, one should drink all the water he can.

Another very valuable natural remedy for allaying serious pain in the bladder, is an enema of from one to three quarts of water *as hot as can be borne,* and this water should be retained as long as possible; in fact, care should be used not to take so much water that it is impossible to retain it. Not only will the heat of the water afford relief, but the absorption of this extra amount of liquid is quite certain to materially help to remedy unpleasant acute attacks. As a rule, however, a hot sitz bath alone will bring almost immediate relief and there may be no need of adopting the other remedies suggested, except in cases where the severe pain is persistent. In some cases where the pain is very severe, vomiting may be induced by taking water into the stomach. This should, however, in no way interfere with the treatment that has been prescribed. In other words, it is a good plan immediately after vomiting to take from a pint to a quart of hot water as fast as the patient can drink it, and this flushing of the system with a large quantity of water will in most cases immediately remedy any tendency toward vomiting. If it does not do so, then by continuing the drinking of water, in spite of the vomiting, and in large quantities, you can rest assured that it will be advantageous in the end. The water should not be too hot, so as to require slow sipping, but only hot enough to permit of drinking it rapidly, "pouring it down," and thus introducing a great deal of heat as quickly as possible.

In the treatment of chronic difficulties of the bladder it is first of all essential to select a general vitality-building regimen within the limits of the strength of the patient, and follow it out religiously each day. When there is a stone in the bladder,

it is especially essential that distilled water be used, and that it be taken in liberal quantities. Indeed it would be a good plan to drink a glass or more every hour during the day, for a while at least. If you cannot secure distilled water, then I would suggest that you procure rain water that has been caught from clean roofs and stored away in clean vessels or vaults. Rain water, if it is kept clean, is nothing more than water that is distilled and aerated by nature; therefore one might say that it is the purest of all waters.

It would indeed be advisable to adopt the plan of flushing by drinking large quantities of water, no matter what may be the nature of the difficulty with the bladder, for by flushing the organ with an extra quantity of liquid its functional processes will usually be performed more satisfactorily. In cases where there has been a distinct diagnosis of stone in the bladder, and where the free use of distilled water for a prolonged period in connection with the diet that is hereafter suggested, does not seem to bring results, then the operation of crushing the stone with an instrument for the purpose, to be performed only by skilled surgeons, is to be recommended as a last resort. Sometimes one may bring about recovery by these methods without an operation.

The general daily regimen for treating chronic diseases of the bladder to be as follows: Fasting Regimen No. 3 for from five to ten days, followed by Breaking-Fast Regimen No. 16 or No. 17, depending upon the length of the fast. I would especially advise the exclusive milk diet in the treatment of chronic diseases of the bladder. Of course, where the exclusive milk diet is used, there would be little or no need for water, as the excessive quantity of milk taken would supply the system with all needed liquid. If your business is such that you cannot follow the exclusive milk diet, as prescribed in Regimen No. 32, then take Milk and Fruit Diet No. 43, changing to No. 45 whenever the taste might dictate. In connection with the daily regimen in the treatment of this disease, sitz baths are of special importance. When alternating hot and cold sitz baths can be taken, with from two to three

changes, more rapid improvement can be expected. I would suggest three minutes in the hot sitz bath, one minute in the cold, etc.—cold to be used last. (See detailed instructions for taking hot and cold sitz baths in Vol. III).

Walking is an exercise that is of great value in the treatment of all these various diseases, and if one will walk practically to the limit of his strength each day, going to bed fairly fatigued from walking, he can rest assured that any disease of the bladder, regardless of its nature, will be materially benefited thereby. Walking may in some cases apparently irritate the inflammation in the beginning, though if persisted in the ultimate result will be advantageous. In fact the irritation of the symptoms under the circumstances is simply an indication that the tissues are being stirred to increased activity and they are endeavoring to get rid of the trouble entirely.

In spasms of the bladder hot and cold sitz baths taken morning and evening, with from two to three changes, will bring about immediate relief, though if a cold hip pack is taken upon going to bed and allowed to remain all night, or until dry, it will furnish considerable relief.

Paralysis of the bladder when it has not continued for too long a period can usually be remedied by the general regimen advised for treating chronic diseases of the bladder. In this case hot wet towels applied to the spine, or alternate hot and cold spinal applications, will be of special value, together with special treatment of the lower back, that is to say the lumbar and dorsal regions by means of Mechanical Physcultopathy.

Tumors of the bladder, whether fibroid or malignant in nature, can usually be materially reduced or entirely absorbed by following the instructions for treating chronic diseases of the bladder. Fasting is particularly important in difficulties of this character. It would be advisable when suffering with such complaints to continue the fasts as long as possible.

BLEEDING.—See *Hemorrhage;* also Volume III, pages **1430-31, 1683, 1685.**

BLEEDING OF THE NOSE.—*See Nasal Defects* and *Disorders.*

Blennorrhea.—See *Gonorrhea, Vaginitis.*

Blepharitis.—See *Diseases of Eyelids.*

Blood Diseases.—See *Anemia; Blood-poisoning; Hemophila; Venereal Disease; Acidity; Plethora; Leukemia.*

Blood-Poisoning.—(Septicemia.) *Symptoms.* A general poisoning of the system caused by the absorption into the circulation of the poisonous products of certain bacteria. The symptoms comprise a high temperature, a feeling of weakness and fatigue, coma or delirium, and repeated chills. The exciting and external causes which may produce blood-poisoning are many, ranging from a prick or a slight abrasion to a severe wound. Some of the worst cases of septicemia follow childbirth. It is also a factor in many cases of typhoid fever, pneumonia and syphilis.

Treatment. When the blood is filled with poisons of various kinds there is but one rational remedy and that is found in the acceleration of the activities of all the various organs that have for their purpose the elimination from the body of wastes and poisons.

In the treatment of blood-poisoning due attention should first of all be given to securing activity of the bowels. The drinking of large quantities of hot water is especially advisable for this purpose; at least for the first two or three days of the treatment. If the patient is suffering from high fever, then the water may be cold if he prefers. It might be well, however, to give a half pint of water in which a teaspoonful of salt has been dissolved two or three times a day until the desired activity of the bowels has been secured. Clean, sterilized sand could also be used. Olive oil or castor oil can be prescribed in some cases, though the methods previously suggested will be found to be more satisfactory. Now, through the drinking of large quantities of water, and through the increase of the activity of the alimentary canal, you have opened up and to a certain extent flushed what we may term the main sewer of the body. Through the use of large quantities of water, you will naturally arouse the kidneys to unusual activity.

One should next devote attention to arousing the activity of the skin. The pores ordinarily eliminate a vast amount of wastes and impurities and with proper stimulation can be of great help in remedying blood-poisoning. I would therefore advise, if the patient is in a fairly good vital condition, a full cold wet sheet pack once each day. If the patient is not comfortably warm before taking this pack, he could take a hot bath for two or three minutes, or some other means should be adopted for insuring decided bodily warmth such as a hot footbath or the drinking of hot water. Immediately after taking this cold sheet pack, the use of blankets, hot water bottles applied to feet and legs and various other measures should be employed to insure profuse perspiration. The patient can remain in this pack from one to two hours, depending upon his vital condition. The moment it seems to be productive of severe discomfort, or the patient seems to be growing weaker, the pack should be removed. When the patient suffers from repeated chills, or is unable to recuperate from the cold wet sheet pack then a hot sheet pack or hot blanket pack should be used instead.

The largest possible quantity of oxygen is essential to give the patient the energy he needs in order to arouse the vital functions to their important duties under the circumstances. If you value the life of the patient, then by all means avoid the fear of outdoor air and draughts. You can rest assured that no cold will be contracted under these circumstances. The poison in the blood is seeking every source of outlet, and the more nearly you can supply a quality of air similar to that found in the outside atmosphere, the quicker you can expect results.

One warning that must be given in connection with this complaint is against the inclination at times to give too much treatment. Remember that every treatment given should be followed by definite recuperation, as indicated by an improvement in the feelings and appearance of the patient. The moment his condition does not indicate such results, you may understand that you are exceeding his recuperative powers.

Referring again to the suggestion not to take too much treatment I would suggest that several hours elapse after giving an enema before giving a wet sheet pack, and one should never exceed one enema and one wet sheet pack daily. If the patient has difficulty in sleeping, a hot spinal pack will usually quiet the nerves and be comforting to an extreme degree. In fact, exceptional weakness can usually be relieved, at least to a certain extent, by applying this hot spinal pack.

In some instances where the patient seems to recuperate quickly from treatment, the general treatment might be approximately as follows: A moderate enema in the morning; hot spinal pack four or five hours thereafter; wet sheet pack in the latter part of the afternoon. Remember that a slight or severe wound, which in some cases seems to be the apparent cause of this disease, cannot in reality be blamed for its serious manifestations. Blood-poisoning rarely comes from without unless it is in a case of snake-bite or something of that sort. Poisoning of the blood comes from within. The blood is already overloaded with waste poisons and a slight wound on the surface arouses extraordinary internal symptoms. The poison would unquestionably have manifested itself in some other way had the wound not appeared.

When blood-poisoning appears in typhoid fever, pneumonia or syphilis, the same treatment can be followed out as is recommended elsewhere in these pages for those diseases, which, by the way, is to a large extent similar to that which is described here because each of these complaints is a kind of blood-poisoning.

Be very careful to follow my instruction in reference to diet in the treatment of this disease. As the patient begins to show signs of recovery, in case there is a strong craving for acid fruit or fruit-juices they can be allowed. As recovery begins, however, I would suggest, first of all, Fruit Diet No. 75 for two or three days; No. 77 for one day; after which Milk and Fruit Diet No. 43 could be adhered to. This might be continued several days, after which a general dietetic

regimen which previous experience has indicated to you would be satisfactory, could be followed. I would suggest, as the patient improves in vitality and general vigor the selection of a general-vitality building regimen suited to his strength. Physcultopathic Treatment D could be used advantageously.

BLOOD PRESSURE.—High blood pressure accompanies arteriosclerosis, uremia, kidney trouble and some other disorders. It is reduced most effectively by warm baths, massage, exercise, water drinking, fasting, fruit, and a low proteid diet.

BLUISH DISCOLORATION.—(See *Cyanosis.*)

BOILS.—(Furuncles.) Term applied to a collection of pus under the skin which is produced by an excess of waste material circulating within the lymph stream combined with defective powers of elimination. Under such conditions external irritation of any kind is liable to produce such an excrescence. It reaches its full development in about a week, consisting of an inflammatory swelling with a yellowish point —the center or "the core." Abscesses with no core are called blind boils.

Treatment. This disease simply indicates an effort on the part of the body to eliminate certain effete matter which has collected in the circulation and the tissues. When the first sign of a boil appears, if a strict regimen is begun at once, the impurities which would ordinarily collect in the boil can be absorbed and carried off in the circulation and eliminated through the ordinary channels of depuration. By a strict regimen I mean in part an entire abstinence from food. This fast should be continued for from five to ten days. Fasting Regimen No. 3 could be followed for two or three days, then Regimen No. 2 should be adopted. It would be a good plan to use Fruit Diet No. 75 for one or two days upon breaking the fast, after which Fruit Diet No. 78 could be followed for a few days. When it is convenient it would perhaps be best to adopt an exclusive milk diet following the fast; in that case you can use Breaking-Fast Regimen 16 or 17, depending on the duration of the fast, then adopting Milk Diet No. 32.

In case the boil has so far developed that it cannot be

absorbed, then the best method of treatment is Fasting Regimen No. 1 for one day, followed by Milk Diet No. 33. Lemon juice should be used freely in case there are any signs of nausea immediately before or after taking the milk. In fact, if the fruit can be enjoyed, lemons can be eaten as you would eat oranges, and to the extent desired. The full milk diet that is recommended would be inclined to bring the boil to a head more quickly than could be expected through the ordinary regimen.

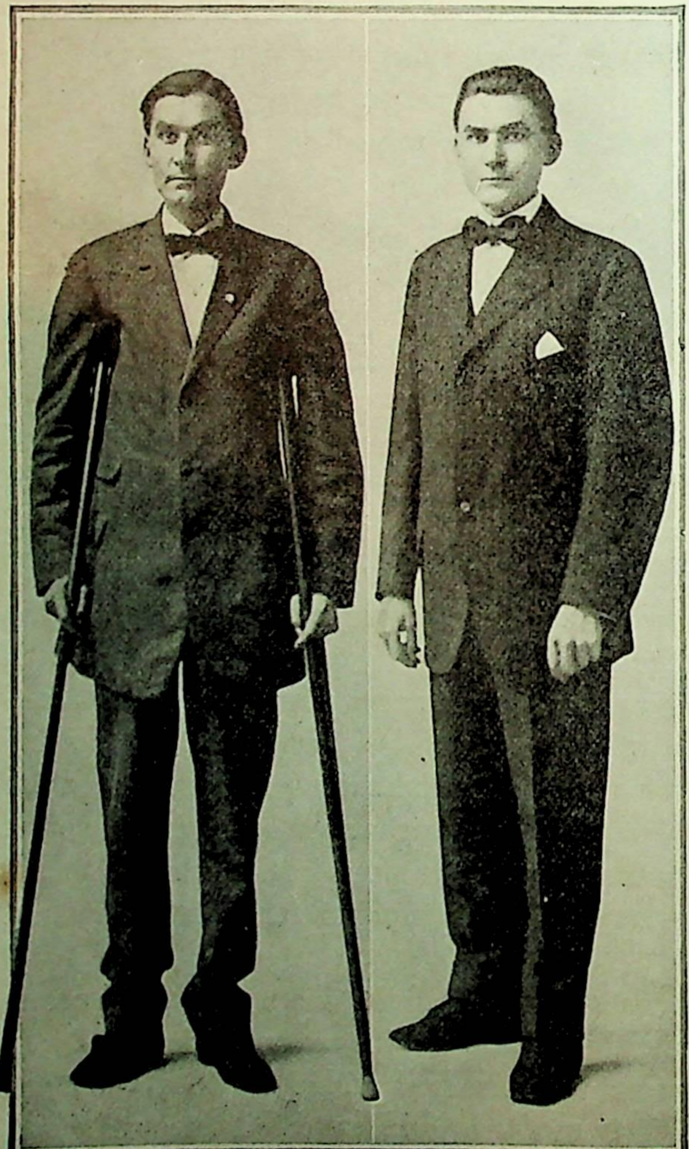
Select a general vitality-building regimen adapted to your strength and follow it out each day, though remember not to take any especially vigorous exercises after you have begun the use of the milk. In the morning before taking the milk, walking and various other exercises, together with deep breathing and the bathing that is prescribed in your regimen, can be followed out in detail. When there is pain associated with the boil hot or cold wet packs, depending upon whether hot or cold seems to offer the more relief and comfort, should be used, to extend over a very large surface near the affected part. For instance, if the boil is on the neck the pack should extend around the neck; if it is on the body it should extend around the body. Cold sitz baths could be used if the boil does not seem inclined to come to a head. This would usually facilitate this process and thereby more quickly bring about a definite cure. The free drinking of water if you are not on the milk diet and various other means that will help to accelerate the activity of the bowels, are valuable. In following the milk diet, as a rule you will have no desire or need for water. A wet sheet pack, a cabinet vapor bath, or some other method that will arouse profuse perspiration, would be advisable, in acute stages of the complaint for general constitutional elimination.

Only in rare cases would I advise the use of the lance in order to facilitate the escape of the accumulated pus. In practically every instance the boil will come to a head and open itself when it is ready to discharge the impurities contained therein. The softening of the skin with bread and milk

poultices or wet packs, will often help in this process. In some cases where the skin is very thin and just about ready to open there is no objection to hastening the process by breaking the skin with a sterilized knife or needle; but when it is necessary to cut through thick tissues it is rarely advisable to adopt this measure in order to reach the pus.

BONE, BREAKS, DISLOCATIONS AND FRACTURES OF.—See Volume III, page 1667.

BONE, DISEASES OF.—There is a great variety of bone diseases, only the important forms requiring consideration here. In those rare varieties not mentioned, constitutional treatment should be given very much the same as for those herein referred to.

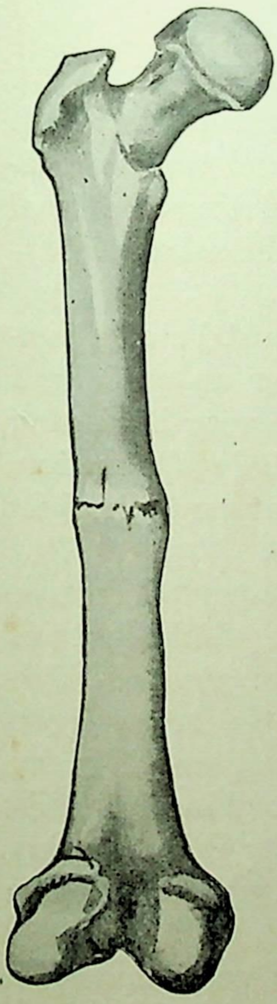


Photograph of Mr. F. W. Havelick showing his appearance when suffering from tuberculosis of the bone. Photograph on the right shows same patient after disease was cured.

Inflammation of the bone is characterized by intense pain, owing to the fact that the bone structure differs from other tissues of the body in its hardness and den-

sity so that swelling cannot take place, though the inflammation aside from this is similar to inflammation of any other tissue. The blood supply is more readily cut off, resulting more easily in necrosis or the death of the tissues. Inflammation of the bone is known as *periostitis* when the periosteum or membrane covering is inflamed; it is termed *osteitis* when the bone structure is inflamed; it is known as *myelitis* when the seat of the inflammation lies in the medullary cavity of a long bone. The latter variety is rare.

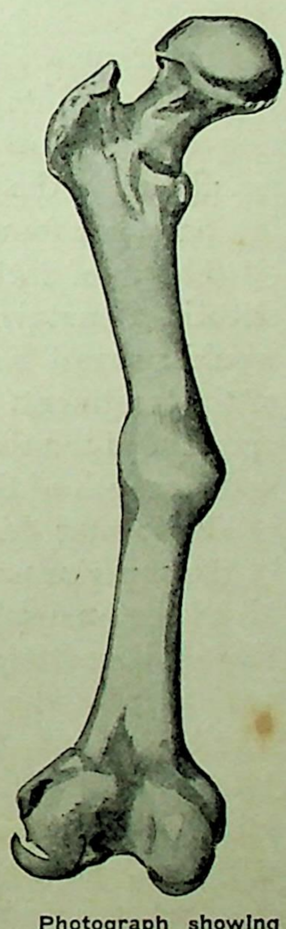
Tuberculosis of Bone.—(Tubercular Osteomyelitis.) This is an inflammation of a tuberculous nature. The first indication is extreme pain, then wasting or atrophy of the muscles above and below the seat of the disease; there is sometimes spasm and rigidity of the muscles. The bones adjacent to the joints of the hip, knee, ankle, elbow and wrist are most commonly affected.



Showing the appearance of a fractured bone which has knit properly.

Actinomycosis, popularly known as *Lumpy-jaw,* is a form of tumor affecting the lower jaw and is considered elsewhere. (See *Actinomycosis.*)

Atrophy of the Bone is a process of wasting which in time becomes chronic inflammation of the bone, and chiefly affects aged persons.



Photograph showing bone which has shortened in healing. This is not to be confused with diseases or deterioration of bone.

Osteomalacia is a rare disease characterized by progressive softening of the bone tissue and the resulting deformity, really being due to deficient nutrition. It is mostly seen among pregnant women who have borne many children or who have nursed many children for long periods. It is due directly to a deficiency of calcium salts.

In addition to these varieties *Rickets*, or *Rachitis*, is an important affection of ill-nourished childhood. (See *Rickets.*)

Caries is the result of inflammatory tuberculosis of the bone, resulting in molecular death of the tissue and final softening of the structure. It is found chiefly in Potts' Disease of the Spine. (See *Spine, Diseases of.*)

Curvature of the Spine is elsewhere considered. (See *Spine.*)

Treatment. The cure of all these diseases of the bone depends absolutely upon improved nutrition and the purification of the blood-stream. By way of stimulating the local circulation in the affected region and also for the sake of allaying pain, hot fomentations are recommended.

The chief factor of treatment, however, must be of a constitutional nature, and as a means of building up rapidly, I would suggest Fasting Regimen No. 2 in the very beginning of the treatment. This may be of two or three days' duration, or perhaps ten days or two weeks, depending upon the weight and strength of the patient.

Following this, Milk Diet No. 32 is recommended because of the superior nourishing qualities of this diet. Milk contains all of the lime salts and other elements necessary to the building of bone tissue. After regaining all of the lost weight, variations of the milk diet may be adopted such as Milk and Fruit Diet No. 42 and 46, or some of the Combination Milk Diets such as No. 48, 54, 60, 73 or 74. After discontinuing all these diets the use of a large percentage of uncooked foods will be of great advantage.

Hot spinal packs may be recommended, combined with Physcultopathic Treatment E or F if the patient is strong enough; otherwise choose from Treatments A, B and C.

Later in the day, or perhaps three times a week, a wet sheet pack will be valuable for its remarkable eliminative qualities. At all times, except when on a milk diet, the free drinking of water should be encouraged, and activity of the bowels should be maintained with special care, even if enemas are required for the purpose. An outdoor life is absolutely essential or at least a supply of air equivalent in purity to that of the open.

Tuberculosis of Bone should have the same constitutional treatment as inflammation of the bone, except that cold application may be made to the region affected instead of hot. In some cases alternate hot and cold packs are to be preferred, depending upon the relative comfort derived from each. A patient suffering from tuberculosis of the bone should make it a special point to live out-of-doors and, indeed, to follow in general the treatment elsewhere outlined for tuberculosis of the lungs. (See *Consumption.*) He requires the same constitutional improvement in the treatment of his disease. Sea voyages or life on the seashore is especially to be recommended for cases of this kind.

Atrophy of the Bone and Osteomalacia naturally require the same line of treatment, inasmuch as they are absolutely due to defective nutrition. It may be well in the case of women suffering from the latter disease, to avoid, at least for a time, the strain of childbirth, but even in such cases the real solution of her troubles will be found in improved health, greater constitutional vigor and more satisfactory nutrition.

See also *Joints, Diseases of; Ankylosis; Fractures.*

Bow-Legs or Bandy Legs.—Legs which are bent in an outward curve. In very small children bow-legs will straighten when the usual cause of the condition, rickets, is treated. (See *Rickets.*)

Treatment. In remedying this complaint, provided there is no constitutional difficulty in connection therewith, one should continually keep in mind the necessity of moving the joint inward in such a manner as to tend to straighten the leg. Bend the knee joint sufficiently to make the leg appear in what would be termed a knock-kneed position. Among Physcul-

topathic Movements for self-treatment, you will find in No. 114 a splendid exercise for this purpose; that is, for bending the joint inward. (See Vol. III, page 1593.) It would be well to take this movement several times a day, performing it until there is a feeling of fatigue from the effort. Every movement, however, which will be inclined to change the position of the joint more nearly to what would be normal, will be of value. Furthermore, any exercises that will add to the range of movement on the part of the joint, will be helpful; consequently Physcultopathic Movements for self-treatment Nos. 112, 113 and 114 will be found to be of value. Some of these movements are intended more especially for the ankle joint, but at the same time they affect the knee joint materially. There are likewise various movements illustrated under the head of Mechanical Physcultopathy, given by an operator, that would be of value, but it would be an easy matter for the individual to select these, as any movement which will add to the range of action of the joint will be of value, and specially those movements that move the joint toward a more natural position.

When the "bow" in the leg is found in the middle of the calf or in the middle of the upper leg one could hardly expect results of importance. But when the bones of the upper leg and the calf are apparently straight, and the "bow" is due to a defect in the joint, then a material change for the better can be expected, if one will persistently apply himself to the necessary treatment. Naturally, when there is no constitutional defect, any effort made with a view of purifying the blood, and building up the general vitality will naturally be of some value, and by selecting a suitable dietetic and exercise regimen for this purpose and following it out persistently, one can accomplish a more rapid improvement.

Bowels, Inflammation of.—See *Intestines, Diseases of.*

Brain, Apoplexy of.—See *Apoplexy.*

Brain, Diseases of.—In addition to meningitis, apoplexy and paresis, or softening of the brain (which see), there are other affections of this organ which may be briefly mentioned.

Disturbances of the circulation in the brain are prominent among the general causes of disease in this organ. If the blood supply be insufficient or deficient in quality the patient becomes pale, cold in the extremities, dizzy and subject to fainting spells. This condition may be brought about by loss of blood, weakness of the heart, or gastric disturbances, such as exhaustive diarrhœa. It is sometimes called cerebral anemia.

Congestion, the opposite of the aforementioned condition, is the result of abnormal accumulation of blood in the head. The face becomes dark red, the arteries of the temple throb, and a sensation of dizziness is felt. Slight temporary paralytic strokes may occur. The chief factors that give rise to this condition are excesses in eating and drinking.

Tumors of the brain are of considerable importance. They occur not infrequently in middle-aged persons oftener in men than in women. It is difficult to diagnose this affection in its early stages. Indistinct, dull headache is usually one of the earliest signs. Other disturbances appear only after weeks and months, and they vary according to the seat and size of the tumor. Usual symptoms are: disturbances of vision, dizziness, staggering gait, paralysis or weakness of various limbs, unconsciousness and loss of memory.

Treatment. Chronic brain diseases of all kinds must be treated through constitutional methods. You can expect results only through changing the condition of the blood supply. If there is a disease of the brain in which there is an insufficient supply of blood to the head, then hot packs at the nape of the neck and throughout the entire spine would be inclined to bring about a material improvement in this particular respect. Remember, however, that the dizziness and fainting spells that often accompany this condition are often due to the lack of a supply of fresh, pure air, when there is no other apparent cause for such symptoms. In case of fainting, follow suggestions given elsewhere for treatment. (See *Fainting.*)

When there is congestion, naturally the treatment for

bringing about immediate results would be an application of cold cloths to the neck, head and face, and to the spine. Very often a cold abdominal pack can be used to advantage to check this congestion, because of its reflex influence. This would also materially stimulate the vital activities of all important organs lying in the abdominal region, often bringing satisfactory results in a very brief period of time. Bathing the feet in hot water is a good means of relieving cerebral congestion and especially in conjunction with the cold applications to the head and neck.

Tumors of the brain can in many instances be absorbed through the fasting process, though you should remember that it is extremely difficult to diagnose a trouble of this nature accurately. Frequently when there is a definite diagnosis of a tumor on the brain the symptoms may be due entirely to other causes.

As a constitutional treatment for brain diseases, other than apoplexy, in which there are distinct symptoms of congestion, I would advise the following general treatment: Fasting Regimen No. 2 for six to ten days. After breaking the fast in accordance with Fast-Breaking Regimen No. 17 for two days, then follow with Limited Diet No. 20 for two days; after which No. 29 could be used for five to seven days; following this you can adopt any regimen that previous experience has shown would agree with you, though when there has been congestion you may assume in most cases that the assimilation is fairly good, and the more you limit the quantity of food you are eating, provided, of course, you are able to maintain your strength, the better chance you will have for definite and permanent recovery.

When there is a brain disease in which there is an insufficiency of the blood supply, the following treatment would be advised: Fasting Regimen No. 3 for one day; No. 2 for one to four days; Fast-Breaking Regimen No. 16 following this; after which Milk Diet No. 32 should be followed. The milk diet is especially valuable in diseases of this nature, as it will add materially to the digestive strength and supply a copious

quantity of pure blood. If conditions are such that you cannot take the milk every half hour as advised, then Milk and Fruit Diet No. 43 could be used; following this you can adhere to whatever diet previous experience has indicated as being of a nature to agree with you, being careful not to overeat.

In treating these chronic brain troubles I would advise the selection of a general vitality-building regimen suited to the particular strength of the patient. As strength is gradually increased this vitality-building regimen can be made a little more vigorous in character. In all cases the bowels should be kept in perfect condition, and the patient should live out-of-doors if possible.

Brain, Softening of.—(General Paresis, Paralytic Dementia, Progressive Paralysis of the Insane.) A disease produced by a wasting and destruction of the nerve elements in the cortex of the brain. It manifests itself in a gradual decay of the mental faculties, combined with a weakness of the muscles of the body, which may be increased to loss of their function. The disease is important because of its frequency. It occurs three to four times as often in men as in women; and about ten (10) per cent. of all sufferers admitted into asylums are its victims. It is especially prone to affect patients in the prime of life, thirty to fifty years of age, and is usually fatal within a few years. The principal cause is syphilis, though it may not appear for many years after the syphilitic infection. There are other causes, though less frequent.

Treatment. The treatment of this complaint must be constitutional and depends upon material improvement in the quality of the blood. The following treatment should be followed: Fasting Regimen No. 2 to be continued as long as the patient is able to endure it comfortably. If the patient is very fleshy or of average weight, then it would be advisable to continue this fast for ten to twenty days, or longer, provided there are no serious indications of a lessening of vital activities.

When the assimilation is defective and the patient is under normal weight, then the same fasting regimen could be fol-

lowed for two to five days. When the fast is continued for a shorter period then use Breaking-Fast Regimen No. 16, followed by Milk Diet No. 32. And even after a longer fast the milk diet would be advisable, even in cases where the patient is apparently above weight. This diet will supply a superior quality of blood, and can be depended upon to accomplish this result in all cases. When one is suffering from a disease of this serious nature, it is essential that the quality of the blood be purified and improved as rapidly as possible. Enemas should be resorted to in order to keep the bowels active, at least once every other day, though do not use any more water than is necessary to bring about the desired result. It is decidedly more advantageous to bring about the movement without the use of the enema, though when fasting this may be difficult, and the thorough cleansing of the colon at least every other day would be of value. Select a vitality-building regimen suited to the needs of the patient and follow it religiously each day. Aside from the exercise advised in the regimen adopted, there should be perfect rest, amusement and quiet companionship. Plenty of sleep is important. Air baths whenever possible will be helpful because of their favorable influence upon the nervous system.

Breast, Cancer of.—See *Cancer*.

Breast, Inflammation of.—Suppuration and abscess formation within the breast, will sometimes affect nursing mothers. When there is a constantly increasing collection of pus in any one locality, the surrounding tissues become separated or may even be destroyed. In this manner the abscess gradually works its way to the skin and finally breaks through the latter. The symptoms that accompany the spread of the inflammation are severe general disturbances, local pain, heat, swelling, redness and an increase in temperature and pulse rate.

Treatment. The symptoms of this complaint can be alleviated in many cases by applying a cold wet sheet pack, allowing it to remain during the night. If this is done when the inflammation first appears, and care is taken to follow an ab-

stemious diet, in many cases the pus that may have accumulated can be absorbed. If, however, the inflammation has continued for too long a period, the wet pack will assist in bringing the abscess to a head and thus get rid of the active cause of the unpleasant symptoms. A complete fast in many cases would be of value for remedying inflammation of this character. When it does not bring about this result in a few days, however, it is often advisable to follow with Milk Diet No. 32, which will flush the entire system with nourishment, and will usually be the means of quickly bringing the abscess to a head.

The milk diet, however, it should be remembered, cannot be used satisfactorily by a nursing mother. In some cases a milk and fruit diet will prove to be more acceptable.

A vitality-building regimen suitable to the strength of the patient would, of course, be advisable in remedying this particular ailment. I would advise the selection of a regimen for this ailment that can be taken and that it be followed religiously day after day in every detail.

Local hot fomentations will not only give relief when there is intense pain, but they will accelerate the local circulation and greatly hasten the curative processes. The bowels should be kept open and active, if necessary with the aid of enemas every day or two.

Breast, Tumors of.—Tumors, both benign and malignant in character, may attack the female breast. (See *Cancer of Breast.*)

Treatment. Ordinarily benign tumors of the breast can be absorbed by following a vitality-building regimen. As a rule a short fast, followed by Milk Diet No. 32 can be depended upon to bring desired results. When it is inconvenient to follow a strict regimen of this nature, usually by simply picking out a general vitality-building regimen suited to the strength of the patient, and using a fair amount of care in the diet, the unpleasant symptoms will disappear. If they do not then abate, a more strict regimen will have to be prescribed and

followed in detail. When these strict methods are found to be necessary, then I would advise Fasting Regimen No. 2 for five to ten days. If the fast is continued for only five days, then Breaking-Fast Regimen No. 16 should be followed; if the fast continues for ten days, then Breaking-Fast Regimen No. 17 should be used. The milk diet will be preferable in nearly all cases of this difficulty, unless one is considerably above normal weight. In this event use the other dietetic regimen advised in the Breaking-Fast Regimens. Following Milk Diet No. 32 use Combination Milk Diet No. 49 or 55, whichever is most palatable to the patient. This diet could be continued for an indefinite period or until the patient has apparently recovered; after which an ordinary regimen can be followed.

The vitality-building regimen adapted to the strength of the patient, should be followed in every detail, in addition to the suggestions on diet, given.

The bowels should be kept active and in perfect condition. An out-of-door life would be advantageous.

BRIGHT'S DISEASE.—See *Kidneys, Diseases of*.

BRONCHITIS.—Bronchitis or bronchial catarrh is due to inflammation of the mucous membrane of the bronchial tubes and their branches. The disease may occur as an acute or a chronic affection; it may implicate one side or both; it may affect either only the larger or only the finer ramifications of the tract, or it may involve the entire "bronchial tree."

The most frequent exciting causes of bronchitis are recurring colds allied with harmful inhalation of some kind, as of dust or gases. Exposure to chill when in a very heated condition may produce an attack; and certain trades, such as stonecutting, carpentering, milling, paperhanging, turning and file cutting are prone to produce more than their normal share of sufferers owing to the dusty nature of the occupation.

Acute Bronchitis usually sets in with a sudden rise in the temperature of the body, or even with a violent chill. In many cases, however, it is entirely free from fever. The most essential symptoms are cough and expectoration. The patient has

a continual sensation of tickling in the throat and of soreness behind the upper part of the breast bone. He is tormented with an annoying irritation to cough, without, however, being able to expectorate much, at least not at the beginning. A so-called dry cough is present. An accumulation of viscid mucus in the bronchial tubes causes a humming sound in the lungs and chest during the passage of respired air. These are noted by the patient and can be heard some distance from him. Headache, a sensation of vertigo, nausea and even vomiting may result purely from the exertions to cough and the consequent rush of blood to the head. After a few days the mucus becomes more fluid and purulent. In children and old persons the affection may extend to the lungs, where it will form scattered areas of inflammation, thereby endangering life, especially in children. The milder forms of bronchial catarrh generally take a favorable course and disappear in a week or two, and there is little danger attached to even the most severe case when properly treated.

Chronic Bronchitis either develops as a chronic condition from the beginning, or it results from recurring, especially neglected, acute attacks. Its most frequent cause is the continued inhalation of dust, especially the dusty atmosphere met with under many industrial conditions. The most essential symptoms in this case are cough and expectoration. The cough is obstinate, especially in the morning and evening and during the night. At times it causes vomiting. Some patients have little or no sputum; others expectorate freely, many bringing up thin masses of a watery substance. Slight traces of blood may be found in the expectorated matter. The course of the affection varies, improving during the warm and mild weather and becoming aggravated during the winter.

Treatment. The treatment of acute bronchitis should differ materially from that which would be advised for the chronic form of this disease. A sudden acute attack, if it is properly treated, will completely disappear in a few days, but chronic symptoms may require weeks and in some instances even months, to pass away.

Cold wet chest and neck packs will be found of special value in treating the acute form of this disease, especially if fever is present. Severe coughing spells can usually be relieved by packs of this kind, though when there is little or no fever, and these spells are exceptionally severe, hot packs will usually be of more value. The free drinking of hot water is especially advised in difficulties of this kind. One should be encouraged to drink all the water he can, especially for the first two or three days. If this hot water is flavored with honey it will sometimes be more pleasant to the taste, and will often materially relieve coughing spells. The patient, however, can really decide for himself as to whether or not he prefers the water flavored with honey, lemon juice or salt or without flavoring of any kind.

If the bowels are constipated, a full enema would be advised the first day of the treatment, and then for two or three days a level teaspoonful of salt dissolved in a half pint of hot water should be taken each day, hoping that by this means the proper activity of the bowels may be brought about without the further use of enemas; though in case this does not produce results, an enema every other day at least is suggested.

After adopting these simple remedies as a means of relieving the first unpleasant symptoms of acute attacks of bronchitis, I would advise that the following daily treatments be given for the constitutional benefit:

Physcultopathic Treatment D in the morning. A wet sheet pack towards evening for the first two or three days. If the patient is materially improved on the third day and thereafter, give Physcultopathic Treatment F in the afternoon and toward night he could take Physcultopathic Treatment H. No food of any kind should be given to a patient who is suffering from bronchitis, excepting when it may be necessary to flavor the water with lemon juice or honey. After the patient begins to improve and there is a distinct indication of an appetite, then Limited Diet No. 21 should be used for one or two days; after which No. 29 could be followed for three or four days; following with Milk and Fruit Diet No. 43. After this

the patient will probably be in a condition to resume any ordinary diet of wholesome foods, such as he knows from experience will agree with him.

The treatment of chronic bronchitis is entirely constitutional in nature. We do not in any way view it as a local disease. It is due to a condition that affects the entire body, and it is manifested in the bronchial tubes solely because of the existence of the presence of foreign matter in the blood; therefore, the very first means essential in order to relieve chronic bronchitis is to purify the blood stream. We begin this process with a fast, lasting from two to ten days, depending altogether on the strength and vitality of the patient, and upon the amount of surplus flesh he is carrying. You can better determine the length of this fast by the following considerations: If the patient is below normal weight, and if there is any danger of complications that would lead to consumption, then the fast should be continued only for two to four days. If the patient possesses an average amount of flesh, then the fast could conveniently continue for six to ten days to advantage. If the fast continues less than five days, then Breaking-Fast Regimen No. 16 could be used. If it continues more than five days then Breaking-Fast Regimen No. 17 could be followed.

It is advisable in nearly all cases of bronchitis to use the exclusive milk diet (Regimen No. 32), at least for a short period. If the patient is below normal weight then it would be decidedly to the advantage of the patient to continue this diet as long as he is gaining in weight. If he is above normal weight then he should continue the milk diet until he will have regained the weight that was lost while fasting. Following this, I would suggest Milk and Fruit Diet No. 43 for one to two days and then an ordinary dietetic regimen that previous experience would indicate as being of a nature to agree with him, could be adhered to.

It is especially important in the treatment of chronic symptoms of this kind that a general vitality-building regimen be adopted and followed closely each day if one is to expect

satisfactory results. Long walks and deep breathing exercises are especially important in remedying chronic bronchitis. This increase in vitality will result in more perfect action of the depurating organs, so that elimination will in time be thorough without special treatment. One who is sufficiently vigorous to take cabinet vapor baths once a week, however, will find this an aid in the way of active elimination until such time as the symptoms have almost entirely disappeared. Other measures for inducing profuse perspiration once or twice a week may likewise be of service. The essential factor of the treatment, however, should be the building of vitality and the concomitant purification of the blood.

Bruises.—See Volume III, page 1660.

Bubo.—An inflammation and enlargement of the glands of the groin brought about by the entrance of infectious substances into the lymph channels. They manifest themselves as painful tumors and are the result of certain sexual diseases, primarily soft chancre or chancroid, gonorrhea, and inflammation of the prepuce. (See *Balanites.*) Non-painful swellings in the region of the groin occur in the cases of hard chancre. (See *Venereal Disease.*) The swellings of the glands of the groin in soft chancre show a decided tendency to suppuration; perforation may take place at one or several points in the external skin and a fistula follow. If the condition is neglected, especially in weak and scrofulous persons, numerous fistulous ulcers form which undermine the skin and are difficult to heal. These channels then discharge a thin putrid pus. Attention may finally be called to the fact that in soft chancre, at the site of the opened bubo, a new, large chancrous growth of chancrous bubo often forms, which sometimes destroys extensive portions of the skin.

Treatment. As this disease rarely appears by itself, but accompanies a venereal complaint of some character, one will naturally understand that any treatment advised must be used in connection with the treatment prescribed for the venereal disease. In nearly all cases the application of cold wet cloths to the affected part, which should be allowed to remain on

all night during sleep, will materially modify the unpleasant symptoms connected with this complaint. Very rarely, if it is treated properly and promptly, is it necessary for the bubo to suppurate. When the swelling is unusually painful hot sitz baths can frequently be recommended, and in some instances, alternating hot and cold sitz baths, making two or three changes from one to the other, using hot first and cold last. If it is inconvenient to change from hot or cold in this way when the patient is compelled to give much of his time to some fairly active occupation, then he might take a hot sitz bath of eight to ten minutes upon arising, and a cold sitz bath before retiring.

It is well to flush the system with a large quantity of liquid when suffering from a disease of this nature. In connection with the general treatment that is advised, I would suggest the following as a means of rapidly purifying the blood stream. Fasting Regimen No. 2 ranging from two to five days, followed by Limited Diet No. 22 one or two days; after which Limited Diet No. 29 could be used for two or three days, followed by Milk and Fruit Diet No. 43, which may be continued until the symptoms of the disease entirely disappear. The bowels should be kept open and active and hot enemas may be used for this purpose if necessary. Active exercise must be avoided as long as it causes pain.

Bubonic Plague.—See *Plague.*

Bumps.—See Volume III, page 1660.

Bunions.—See *Corns.*

Burns.—See Volume III, page 1655.

Bursitis.—Inflammation of the bursal sacs between joints or other parts that move against each other. Constitutional treatment. (See *Joints, Diseases of.*)

Cachexia.—A generally impoverished and devitalized state, common to many diseases. (See *Vital Depletion.*)

Calculus.—Stone in bladder or kidney. (See *Bladder, Diseases of;* and *Kidney Disease.*)

Cancer.—The symptoms of cancer are materially modified by the location of the disease. Yet there are several symptoms common to the complaint wherever it may appear.

First. A tumor or swelling invariably arises.

Second. Tumor grows rapidly and invades the surrounding tissues indiscriminately.

Third. Excruciating pains are an inevitable accompaniment.

Fourth. There is a tendency to the formation of other tumors either close to the original one or in distant portions of the body.

Fifth. In the majority of cases the older or central portion of the tumor shows a tendency to break down and ulcerate, with a discharge of purulent and evil-looking fluid.

Sixth. Emaciation and weakness are progressive.

Seventh. A peculiar color and opacity of the skin is present.

Of the two general classes of cancer formation, the harder or more fibrous form generally appears between the ages of fifteen to twenty-five years. The form which is most prone to softening and ulceration is usually found in persons above the age of forty. The most general sites of the disease are the stomach, breast, tongue, skin and womb.

In *Cancer of the Stomach* the history is as follows: The patient for some months suffers from indigestion in one or more of its forms. The appetite progressively decreases and there is increasing pain and nausea upon the entrance of food into the stomach. This nausea degenerates into vomiting, especially when solid food is taken; and, towards the end of the disease, even liquids are rejected. The pain in the stomach is intense after the ingestion of food. In the later stages severe hemorrhage from the stomach sometimes arises. Blood having much the appearance of coffee grounds is vomited in large quantities. Similar material may also pass from the bowels. Frequently a hard pulsating tumor may be felt in the pit of the stomach. Through inability to take nourishment, weakness and emaciation follow. The skin becomes sallow, losing its transparency. In addition to these symptoms swelling of the lower extremities and of the abdomen may occur.

Cancer of the Tongue usually appears as a small pimple

on the site of some point of continuous irritation. This will not heal and begins to grow rapidly. As it increases in size, more or less rapidly, sooner or later it ulcerates at the center in the same manner and with similar symptoms as cancer in the breast. The ulcer may grow to the extent that a hole appears in the tongue. The usual small lumps are found in the surrounding tissues, and there is the usual pain, emaciation and weakness.

Cancer of the Breast generally appears as a small hard lump which grows rapidly, distending and tightening the skin. The color of the skin in this region becomes at first dark red, then purple; finally a black spot appears in the center of this discoloration. This black spot soon gives way to an open sore, rapidly increasing in size, with rough irregular edges and walls; an abundant discharge follows, purulent and evil in appearance. The pain is stabbing or shooting in character and may or may not be continuous. At an early stage of the disease small hard lumps can be felt in the armpit on the same side of the body. Accompanying these symptoms are those of emaciation and weakness.

Cancer of the Womb is rarely found in women under forty years of age. It generally appears at the time of the change of life. The symptoms are pain, stabbing and tearing in character, with bearing down sensations and a purulent, irritating, blood-streaked discharge from the vagina. The usual emaciation and weakness is present. Women who have borne many children are most liable to this disease.

Cancer appears in a great variety of forms and in all parts of the body. It is always most dangerous, however, when one or more of the vital organs are attacked. The character of the symptoms may change as the disease progresses. What at first may appear a simple benign growth may change into a malignant excrescence. But the symptoms mentioned above are more or less common to all forms of the malady.

Treatment. In the treatment of cancer one must keep in mind that the real disease is not located in the particular part

of the body where its symptoms are manifested. When one is suffering from cancer, the poisonous matter or foreign cells that are associated with the complaint are a part of the blood stream, and are circulating throughout the entire body. One might say, therefore, that the cancer poison in a chronic or advanced stage of this disease is to a certain extent affecting the tissues of the entire body. It is easy to understand, therefore, that the cutting out of the point of outbreak of the cancer cannot possibly eliminate the disease itself. As soon as one cancer growth has been eliminated you can depend upon another growth appearing elsewhere, provided the growth was true cancer in the first place, and provided some means are not adopted with a view of eliminating from the blood the cancer poison. Under the circumstances, therefore, you can realize that whether the cancer which you are treating is located in the stomach, breast or womb, or elsewhere, makes but little difference. The treatment is almost identical in all cases; the only difference would be to the extent that it might be desirable to accelerate the circulation in the affected part by the application of hot and cold wet cloths and other means that would help to bring about this result. For instance, in cancer of the stomach, hot or cold abdominal packs would be of value in alleviating the painful and unpleasant symptoms. As a rule, cold wet abdominal packs applied at night and allowed to remain until dry, or until morning, would be of decided value. If the patient is weak and emaciated, then hot abdominal packs will be preferable to cold packs. Whether these packs should be hot or cold depends largely upon the vital condition of the patient, and the degree of comfort which they afford him. If the patient feels warm immediately after the application of the cold abdominal packs, then the cold packs would accomplish a decided improvement.

As a local treatment for cancer steam has a decided value, and this may often be used, with splendid results, for destroying and loosening the ulcerated tissue; it may be applied by a steam douche or jets of steam. Claims are made to the affect that the Sioux Indians have used a radical cure for cancer,

similar to this, with great success. A ridge of clay is applied around the lesion to wall off healthy tissue and the cancer is then treated either with steam or boiling or very hot water. Although naturally very trying to the patient, it is claimed that this heroic method has been found to destroy the malignant tissue, causing healthful granulation to take its place in the course of time.

The symptoms associated with cancer of the breast, likewise, can often be materially alleviated by the use of a local wet sheet pack. This pack should be cold or hot in accordance with the condition of the patient, in the same way as in the use of the abdominal pack for cancer of the stomach. The severe pains can in many instances be materially mitigated by this pack.

Cancer of the womb can be palliated in the same way, by hip packs, hot or cold, in accordance with the requirements of the case. Hot and cold sitz baths can also be used with advantage as a means of alleviating this difficulty. Hot sitz baths are especially valuable when the pain is severe. Alternating hot and cold sitz baths, with two or three changes, taken each day and using cold last are valuable as a local stimulant and general tonic.

Beyond these few suggestions the general plan for the treatment of cancer is solely a blood purifying process. With this end in view we would begin the treatment with a fast, its duration depending entirely upon the vital condition of the patient. For instance, if the patient is carrying considerable surplus flesh, or is of normal weight, a fairly long fast will be of material benefit. If the patient is thin and possessed of moderate vitality, then the fast should naturally be short. In a general way, therefore, I would suggest that Fasting Regimen No. 2 should be followed, and the fast continued for five to twenty days, or even longer, if the patient does not seem to be forcibly affected or too much weakened by this long abstinence from food. Use the breaking-fast regimen applicable to the length of the fast. If below normal weight then it is especially important that the milk diet (Regimen No. 32)

be followed as long as a gain in weight is noticed. As soon as the patient ceases to gain in weight, then adopt Milk and Fruit Diet No. 43 for a few days, after which Milk and Fruit Diet No. 45 could be taken if preferred. Following this you could adhere to almost any regimen that your former experience has indicated would be satisfactory to you. In cases where one is of average weight then the milk diet can be followed until the weight that has been lost during the fast will have been regained; after which I would advise Combination Milk Diet No. 48 for a few days, following which you can change to 54 if the soured product of the milk is more palatable. Following this you could try Diets Nos. 84, 86 and 94; after which you could adopt an ordinary diet which seems to be palatable and satisfactory in your particular case. If above normal weight I would advise Limited Diet No. 29 for two or three days; after which use Limited Diet No. 30 for a longer period. In many cases where the patient is very weak Fasting Regimen No. 7 will be most satisfactory.

Physcultopathic Treatment F would be especially valuable if taken early in the treatment of this complaint.

Outside of this I would suggest the selection of a general vitality-building regimen adapted to the strength of the patient, to be followed out religiously day after day. This is especially important. In fact, you must depend upon obtaining increased strength muscularly and vitally if you expect to secure relief from this very serious ailment.

You can depend upon materially prolonging your life, even if the disease has advanced considerably, by following the suggestions herewith, and if the disease is in its incipient stage there is a possibility of securing a permanent cure.

Carbuncle.—Carbuncle is a term often applied to an ordinary boil. Carbuncles differ from the latter in the larger area involved in the inflammation. They usually appear upon the nape of the neck, the hip or where there may have been local irritation. In some cases they extend to several inches in diameter the surface being perforated by openings through which a black and gangrenous pus is discharged followed by

dead connective tissue. In severe cases the patient may be kept in bed for a month or more, and when a second eruption appears after the healing of the first, it not infrequently proves fatal, at least under old-fashioned treatment. The name is more strictly applicable to anthrax (page 1859.)

Treatment. The treatment of carbuncles is almost entirely constitutional. You may by certain applications assist to a certain extent in alleviating symptoms, but after all you must remember that the purulent material that exudes from this unpleasant sore must be gotten out of the system. Therefore, any treatment that can be used with a view of stimulating the activities of those organs which have for their office the throwing out of waste and foreign material that has accumulated in the blood, will naturally modify the symptoms connected with this complaint. We should aim at radical elimination and consequent purification of the blood.

There is a common opinion that poultices of various kinds afford all the treatment that is required in this particular form of disease. In many cases I would say that this means of treatment is somewhat effective, but if at the same time one will adopt constitutional methods for purifying the blood, he can depend upon getting rid of the carbuncle far more quickly, and the sore will heal in a far more satisfactory manner.

By way of local treatment I would advise the application of cold wet packs to the affected part, and to a considerable portion of the surrounding tissue; for instance, if the carbuncle appears on the neck let the cold wet pack entirely encircle the neck; if it appears on the abdomen or chest let the pack entirely encircle the body. When intensely painful hot wet packs will often give more relief.

If the carbuncle is treated immediately upon its first appearance, and if its nature can be determined when it is still in the pimple form, in nearly every case a fast of two or three days will be all that is necessary to effect a definite cure. The impurities which would have been eliminated in the carbuncle, if diverted, are carried off through other natural channels and

the carbuncle fails to appear. If, however, the carbuncle has begun to assume definite form, the fast cannot always prevent its further development. Even under such circumstances, a fast of two to four days, in accordance with Fasting Regimen No. 2 is especially advisable, as a means of improving the condition of the digestive organism, and if you will then follow this fast with Milk Diet No. 33 you can depend upon hurrying the curative process of the carbuncle in the speediest manner possible.

As a rule it is better to allow the carbuncle to continue until it forms a head and opens without your assistance. There may be exceptions to this rule, but even when an opening is desired one should wait until a definite head has been formed, and until there is soft, dead or partially dead tissue overlying the supposed head. If one uses the lance too soon on a carbuncle, in many cases the symptoms are materially influenced for the worse, and the healing process requires a considerably longer period. It may be of value in some cases to use a hot linseed or other poultice with a view of drawing the carbuncle to a head, though hot or cold wet cloths or alternate hot and cold wet cloths are more effective for this purpose. If you follow the milk diet, however, as suggested, it requires but a short period to bring this difficulty to an end, and the carbuncle will often heal so perfectly under the influence of this diet as almost to eliminate the scar that usually follows.

If you find it impossible to adhere to Milk Diet No. 33, then follow Milk and Fruit Diet No. 42, and in addition to taking the milk at the three meals, one can take it upon arising in the morning, between meals and on retiring at night, if desired, the purpose being to flush the system with the largest possible amount of nourishment. Following a fast, this flushing seems to hasten the curative processes very materially. *Do not try to take this flushing diet without taking the fast and expect the same results,* for you can rest assured you will not secure them.

Moderately full enemas are advised and particularly if

costive, for the sake of more perfect constitutional elimination. If in a vigorous condition, and the disease severe, then assistance in further and rapid elimination of wastes and poisons may be accomplished by cabinet vapor baths, twice a week or full hot baths, daily, continued for half an hour, at a temperature of 105 degrees to 110 degrees Fahr.

If you will select a vitality-building regimen adapted to your particular needs and follow it in every detail your recovery will be very greatly hastened.

CARCINOMA.—See *Cancer.*

CARDITIS.—See *Heart Diseases.*

CATALEPSY.—A trance-like condition, in some respects hysterical in nature, in which there is a straining of the muscles with the assumption of striking attitudes. There are two forms of catalepsy: The one a rigid corpse-like position assumed by the patient, depending upon the position in which the victim happened to be at the seizure of the attack; and the other in which the limbs can be moved and maintain the position in which they may be placed, even if uncomfortable, for considerable periods. The trance-like state may last for weeks or months, during which the patient neither eats nor speaks, resisting all external influence. Catalepsy sometimes follows hysteria, and is seen in certain cases of mental derangement. It is a neurosis or nerve disorder.

Treatment. In the treatment of sudden and acute attacks of this difficulty, one must first remember the necessity for a plentiful supply of pure air; give the patient as near the outdoor air as possible. All clothing which might interfere with breathing should be loosened, and the body allowed the greatest possible freedom in every way. If there is fever, cold water can be dashed upon the chest, face, neck and head. If there is no fever, then hot spinal packs, together with the manipulation and movement of the spine in various ways, as in Physcultopathic Treatments A and B would be suggested. In many instances a full hot bath (105 degrees to 110 degrees F.) might be of value in relaxing the body, though the pulse must be carefully watched under such circumstances to make

sure that the influence of the bath is not too weakening in nature. This bath should be limited to fifteen or twenty minutes in duration.

If the disease is chronic, or where there are repeated attacks it should be treated entirely by constitutional methods, having in mind especially the building up and better nutrition of the nervous system. I would therefore advise in the beginning of this constitutional treatment, Fasting Regimen No. 3, for two or three days, after which Fasting Regimen No. 2 could be adhered to. This fast should be continued for from three to five days, followed by Breaking-Fast Regimen No. 16, and then using the milk diet suggested in this breaking-fast regimen as long as you continue to gain in weight. If the patient is above average weight, then Combination Milk Diet No. 48 or No. 55 could be taken in accordance with the taste, for several days. When tired of the milk diet Cereal Diet No. 81 could be used. Fasting Regimen No. 7 may be advised in some cases where the patient is emaciated and weak.

When following the milk diet a daily neutral bath should be taken for thirty to forty minutes at night before retiring. The temperature of this bath should range from 90 to 100 degrees, though the water could be made much warmer just before getting out of the bath if the patient desires it. This will have a splendid effect upon the nerves.

After progressing beyond the milk diet, select a general vitality-building regimen suited to your needs and follow in detail the instructions found therein. With this vitality-building regimen, Physcultopathic Treatment F will be found especially valuable, if taken once a day.

If the bowels do not show proper activity a small enema, just enough to bring about a movement, could be taken once every other day, though as a rule after having followed the milk diet for a while, one is assured of proper bowel activity.

CATARACT.—A disease of the eye, progressive in character in which the pupil of the eye gradually changes to a white or grayish color instead of the usual black. It is the crystalline lens that is affected, losing its transparency. The develop-

ment may progress for years and both eyes are generally affected. It sometimes appears in the case of children, but is more generally seen after the age of fifty. The disease always terminates in blindness unless either surgical aid be sought or constitutional treatment be adopted. All medical treatment or local applications prove futile.

Treatment. In the treatment of the advanced stages of this disease, unquestionably the only hope that can be offered is found in surgery, in which case the diseased crystalline lens is removed. However, in its incipient stage, I believe that the proper treatment for constitutional-upbuilding will frequently stay the progress of the ailment or bring about a definite and permanent recovery.

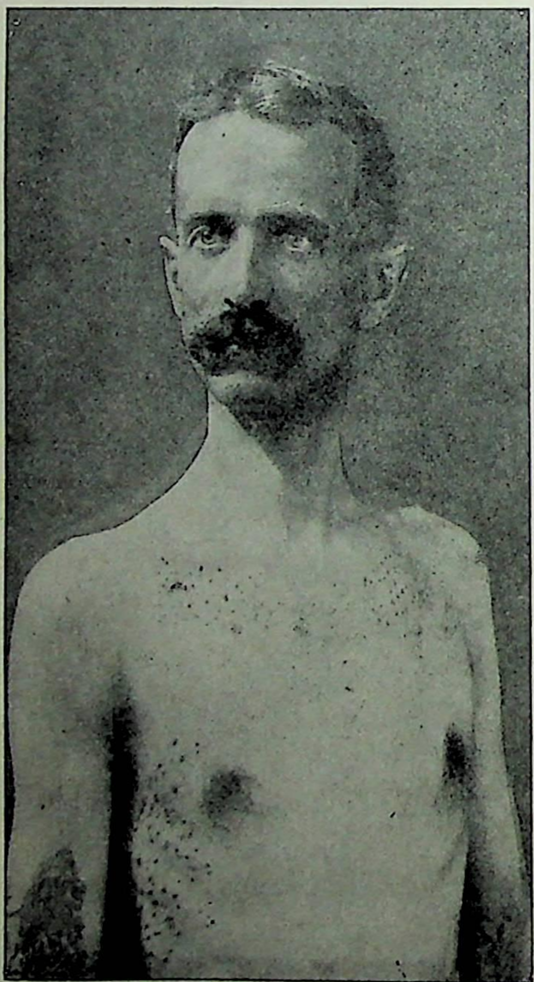
In this constitutional-upbuilding process I would, first of all, advise a fast adapted to the strength, vitality and weight of the patient, beginning with Fasting Regimen No. 2. This fast should be followed by the breaking-fast regimen adapted to the length of the fast. Milk Diet No. 32 will as a rule be more effective in the treatment of this disease than any other dietetic regimen that could possibly be selected. If one is above ordinary weight it might be well to follow a limited diet for a considerable time after the fast, and for this purpose Limited Diets Nos. 20 and 29 could be used. A general vitality-building regimen, adapted to the strength of the patient should be selected and followed out carefully. Walking, deep breathing and various other methods for adding to the general vigor and vitality of the body are especially important. Physcultopathic Treatment F would be a great help if taken at least three times weekly. And if on the days that this is not taken a wet sheet pack of the entire body would undoubtedly be of value.

I would certainly advise that these simple methods be tried in all cases before adopting surgical methods; or, even if surgical aid is finally called in, in advanced cases, you can rest assured that the blood purifying, strengthening regimen that I am suggesting will be a material aid to any benefit you may derive through surgery. And, as previously stated, if

the disease is in an incipient stage, you can depend upon this method staying its progress and probably curing it entirely.

CATARRH.—A general term applied to acute or chronic inflammation of the mucous membrane, the distinguishing feature of which is a discharge of mucus ranging from a watery, innocuous condition to one of purulency and excessive decomposition. Practically any portion of the internal membrane is liable to suffer from the disorder. (See *Bronchial Catarrh, Catarrh of the Bladder, Nasal Diseases* and *Throat, Diseases of the Stomach.*)

The majority of men and women apply the term catarrh to catarrhal derangements of the nose and throat alone. However, catarrh may attack any portion of the body where mucous membrane exists. In fact the disease usually attacks the organ or portion of the body offering the most favorable outlet.



Photograph shows the general constitutional deterioration and skin discoloration which developed in a severe case of catarrh. This patient entirely recovered from facial contour and muscular development and cured of blemishes of skin after recovery.

The upper portions of the respiratory apparatus of the body are for the most part structures coated with delicate and sensitive membranes and it is at this point that catarrh usually makes its appearance.

Catarrh of the throat is usually an outcome or complication of nasal catarrh. The discharges which fail to escape through the nostrils frequently are the cause. (See *Nasal Diseases.*)

Chronic catarrh, regardless of what parts of the body may be affected, is treated in a very similar manner, as far as constitutional measures are concerned. The treatment of catarrh to effect a cure depends upon the elimination from the blood stream of the catarrhal poisons, which are the real cause of this particular complaint.

One of the most prominent causes of catarrh is the excessive clothing that is worn by civilized people, which half paralyzes the functions of the skin; consequently the pores are not capable of properly performing their duties. They do not do their share of the work of elimination. One rarely finds catarrh of any kind among savage tribes, or among those who wear little clothing. This would indicate that to a large extent it is caused by the clothing habit. The body wastes that are ordinarily eliminated through the pores are thrown back into the circulation, and must find some means of outlet. The ordinary depurating channels seem to be unable to eliminate them completely, consequently we find these poisons discharged from the mucous membrane of various parts of the body.

Treatment. The blood purifying process that must be the most prominent part of the treatment of catarrh, should begin, as in many other cases, with a fast. This fast may be continued for a long or a short period, depending upon the vitality of the patient, and upon the amount of surplus nourishment in the form of flesh that he carries. I would advise Fasting Regimen No. 3 for two days, followed by Fasting Regimen No. 2, to be continued as long as the patient is apparently gaining by the experience. For instance, if one is thin and weak, naturally this fast should be very short, perhaps not over two to five days. If at or above normal weight, then it might be continued ten, or even twenty days, following with the breaking-fast regimen advised in accordance with the length of the fast. If below normal weight then the milk diet is especially important and it should be adopted. And in most instances, in changing from the milk diet, the Milk and Fruit Diet No. 42 for from seven to ten days would be of advantage, and if this seems to be a fairly agreeable diet, it could

be followed by No. 45 where one is above normal weight. The fast can be broken in accordance with instructions found in the breaking-fast regimen applicable to the length of the fast, and after continuing on this regimen for three days, Limited Diet No. 20 could be used for a few days, after which No. 29 could be adhered to. Following this, Cereal Diet No. 81 could be used. If business interferes with the above plan, Milk Diet No. 36 is often available and satisfactory.

After this dietetic experience I would advise that you select from various foods that previous experience would indicate could be digested without difficulty, though use the greatest possible care not to "stuff." The less you eat when suffering from catarrh, and yet be able to maintain your strength and energy, the better chance you will have for eradicating the symptoms of this disease.

It is especially important in connection with this complaint to allow the air to come in contact with the skin as much as possible; never wear tight clothing; always wear linen or cotton in preference to wool, as linen and cotton will absorb the impurities eliminated more quickly and thoroughly and will better permit the air to reach the skin. Remember that the less clothing you wear, both winter and summer, the greater will be the activity of the pores and consequently the less catarrh. This does not mean that you should wear so little clothing during winter as to sap your vitality in order to maintain warmth; it means merely that you must avoid coddling at all times, but yet have warm feet and hands. Do not use too much covering at night; take every possible opportunity to secure a sun and air bath; once each day take a dry friction bath, thoroughly brushing the skin all over, continuing this process until it is red from the acceleration of the circulation. In all cases it would be advisable to follow this friction bath with a cold bath as a means of still further accelerating the activities of the skin.

Select a vitality-building regimen adapted to your strength and follow it persistently day after day. Long walks and deep breathing are of special value. Cold hip packs, or cold

sitz baths, if taken every other day will be of aid, partly through their reflex nerve influence and partly as a constitutional tonic, though they are not an essential element of the treatment. In fact, keep in mind the idea that to cure catarrh you chiefly need more vitality. Increased vitality means better elimination and purer blood. You cannot secure too much strength in remedying this difficulty. You want proper skin activity, and sufficient use of the muscular system to insure substantial healthy tissue throughout the entire bodily organism.

The treatment for acute attacks of catarrh of various kinds. appear under their proper heads in this volume. (Note above references.) Still, this general treatment for chronic catarrh can be used advantageously in all catarrhal difficulties, when the carrying out of the instructions given here does not interfere with the regimen advised in special cases.

Cellulitis.—Inflammation of cellular tissue. See *Inflammation.*

Cerebrospinal Meningitis.—See *Meningitis.*

Chancre or Chancroid.—Chancre is the result of a specific poisoning of the blood. Chancres are of two kinds, hard and soft. To the latter the term chancroid is generally applied. For hard chancre, see *Syphilis* in this volume and in Volume V of this work.

A *chancroid* usually develops on the sexual organs of the male or female, though it may also appear on the lips, or in the mouth, or around the margin of the arms. It appears first as a small pimple, sore or ulcer which grows larger and deeper with astonishing rapidity. Surrounding this sore there is a zone of inflammation which is red and hard. A discharge is emitted from the ulcer of so poisonous and corrosive a character that contact with any other portion of the mucous membrane, or even of the skin often results in contagion. The nearby glands are invariably infected, becoming swollen, tender, hot and painful. These swellings finally soften, fill with pus and discharge through the skin on the surface, leaving large irregular holes which continue to exude for some time after the disappearance of the chancroid. The differ-

ence between a chancre and a chancroid is that a chancroid is local in character, though it may spread and become constitutional, whereas a chancre is syphilitic in nature and constitutional in character.

Treatment. In the treatment of chancroid, you must keep in mind the necessity for keeping the sore absolutely clean. For this purpose hot water and soap should be used morning and night, and whenever possible absorbent cotton should be placed over the sore, not only for the purpose of absorbing the purulent discharge that comes therefrom, but as an additional precaution to insure cleanliness. The very free drinking of water is especially important when suffering from this disease.

Keep in mind continually while following the treatment we will here suggest, the necessity of drawing out the poisons, and thus practically eliminating all possibility of the after results which frequently ensue when the ordinary medical methods are used.

A limited dietetic regimen should be started immediately upon the first appearance of the ailment. For this purpose, Limited Diet No. 20 could be used for two days; followed by Limited Diet No. 21 for two or three days; then Limited Diet No. 29 could be followed for several days; then use Limited Diet No. 31 until all symptoms of the complaint have disappeared, keeping in mind continually the necessity for drinking freely of pure water. Satisfactory activity of the bowels must be maintained, though you must remember that while eating a small quantity of food the bowels will not discharge such a large quantity of fecal matter as when following the ordinary diet. If the bowels do not act in a natural manner each day then every other day take an enema of one or two quarts of water to insure a normal condition.

On arising in the morning take a cold sitz bath and on retiring at night repeat this same bath, remaining in this bath as long as you can and still be able to recuperate with a feeling of warmth. If you cannot recuperate easily use a warm foot bath in connection.

Bubos are nearly always associated with this disease, and the instructions for their treatment given under the head of that ailment should be followed in detail, when it does not interfere with the treatment herein described.

A wet sheet pack at least three times a week would be of material aid in remedying this difficulty; a steam bath once or twice a week would also be of great service in eradicating the poison; long walks would be of special value in building vitality and thus assisting in the curative process.

In case the sore appears on the lips and affects the glands of the neck, then follow as nearly as possible the instructions given herein, though under these circumstances I would suggest that you wash the sore more frequently, and a mild antiseptic wash might be used daily in addition.

Though the above general treatment may not cause the sore to disappear so quickly as will the use of powerful drugs, yet when it is once healed by these methods you can depend upon being rid of it forever. See also Vol. V.

CHAPPED SKIN.—*Hands, Face, Cuticle, etc.* There is little need of describing the symptoms connected with what is known as chapped hands or face. Everyone is familar with the unpleasant fissures of the skin which manifest themselves, most frequently upon the hands and lips, though sometimes also the nipples. The skin becomes dry and rough and separates in various places, often leaving open gashes in which the raw tissue is exposed.

The causes of this chapping of the skin to a large extent point out definite methods of cure. If one is out in the open air a great deal, in some instances this may seem to be a prominent cause of the chapped skin. But if proper care were taken of the hands and face the wind could not possibly bring about such unpleasant manifestations.

The habit of using soaps strong with alkali, which are inclined to remove a great deal of oil from the skin, is one of the prominent causes of this difficulty. Especially washing the hands and face in hot water in which this sort of soap is freely used is a common cause. Hot water alone whenever used on

the hands and face, should be followed immediately with cold water in every instance, for hot water relaxes the tissues and is inclined to add to the delicacy of their texture, while cold water hardens and strengthens. Whenever it is found to be necessary to use hot water for the sake of cleanliness, always end the washing process by using cold water, and if in addition you will thoroughly dry the skin before going out in the air, thoroughly rubbing every part dry, not only with the towel, but with the dry hands, until absolutely all dampness has been removed, you can rest assured that there will be little or no possibility of the skin becoming chapped.

Treatment. The remedy to adopt in the treatment of this ailment is simple, and will be effective in nearly all cases within a very short period. Before retiring at night wash the chapped surface with warm water and some good vegetable oil soap; imported castile soap is very satisfactory for this purpose. After drying the skin apply olive oil, mutton tallow, glycerine or a good grade of cold cream. The next day following this treatment make the same application on two or three different occasions, and if the trouble still persists, each night wash with soap and water and apply as before. Be careful, however, whenever washing the chapped surface during the day, to thoroughly dry it as previously suggested; in fact, it might be a good plan after thoroughly drying the affected parts, always to make the oil application. In many instances proper care of this kind will remove all traces of chapping within a day or two.

When there are wide open gashes, naturally it will take considerably longer.

In many cases there may be constitutional causes for a dry skin, and under such circumstances, constitutional treatment would be required. By following the general plan for constitutional upbuilding which is suggested in the various vitality-building regimens given in Vol. III, Chapter VI, you can depend upon securing satisfactory results.

Chest, Diseases of.—(See ***Bronchitis, Pleurisy, Pneumonia*** and ***Diseases of the Lungs.***)

PLATE B—Chickenpox and Shingles



Appearance of face in chickenpox.



Shingles (Herpes zoster).

Chicken Pox. (Varicella.)—Chicken pox or varicella is a mild contagious disease distinguished by an eruption of vesicles upon the skin, and presenting, in a much modified form, many of the characteristics of smallpox. It usually attacks children during their infancy, before six or seven years of age, though it is occasionally to be observed in the case of adults.

Though the appearance of the eruption is the most marked symptom, other signs by means of which the ailment can be distinguished are headache, fever, pains in the head and back, with nausea and vomiting. The eruption usually appears first upon the chest, though sometimes upon the forehead and face in the form of red vesicles or spots varying in number from a dozen to several hundred. After a few hours these spots discharge a turbid liquid and at the end of a day or so begin to dry. Other spots appear on various parts of the body, and thus they may be seen in all stages of development. Itching is often extreme, and unless the patient refrains from scratching, scars may result.

The difference between chicken pox and smallpox is that the former presents superficial pimples that are round and full, and contain a transparent or milky fluid which makes them look like little water-blisters. Smallpox pustules are deep-seated, indented and yellow.

Treatment. Adopt Fasting Regimen No. 3 when first the acute symptoms of the disease are manifested, for at least two or three days. Use Breaking-Fast Regimen No. 16, and let the patient continue on the milk diet until all symptoms of the disease have disappeared. Once each day give a wet sheet pack; indeed, it would be a good plan to take a wet sheet pack in the morning and Physcultopathic Treatment F in the evening. If there is any constipation, this should be relieved by the use of enemas or sand. (See *Constipation.*) Scratching should be avoided. If there is an unbearable itching of any special part, local wet applications should be made. Instead of renewing these, as they dry they may occasionally be sprinkled with water.

Care should be used to secure a plentiful supply of pure air. There should be no necessity for going to bed in this disease. unless especially weak. Short walks, or even long walks if the patient is able to endure fatigue of this character, will materially hasten recovery.

CHILBLAINS.—Inflamed swellings of the joints, usually of the knuckles of the hand and of the toes, accompanied with intense itching and sometimes with considerable pain. The inflammation is caused by a clogged capillary circulation, produced in those whose circulation is poor by paralysis of the blood vessels caused by frost. Chilling with much cold water may induce the trouble in those of poor circulation. When neglected, sores, fissures and crusts may form which degenerate into an ulcer.

Treatment. The treatment of chilblains will depend largely upon their severity. Naturally, the treatment of acute symptoms when very severe, as in the partial freezing of the tissues of the body, requires prompt and definite measures in order to avoid unpleasant and in some cases serious results. For instance, if one should freeze his feet and then place them near a hot stove, in some cases gangrene might develop and even a part of the foot might slough off, as the result of such treatment.

When one has been exposed to severe cold and he feels that there is really danger of having frozen the feet, hands, ears or any other part of the body, they should be thawed out either by applying snow to the affected parts, or by immersing them in very cold water. The thawing process should be continued very slowly; in fact, if badly frozen it should be a matter of hours, if one desires to avoid any unpleasant effects. The capillary circulation should be restored gradually. (See also Vol. III, page 1667.)

If one is treating the after effects of cold, such as appear in what are ordinarily termed chilblains, the very best method is to wrap the affected part in wet packs at night before retiring, and allow it to remain there all night. For instance, if the feet are affected, simply wrap them in cold wet cloths.

Naturally, under such circumstances, your constitutional condition will be of some moment, and if you are suffering from any disease, or if there is serious indication of vital depletion, a general vitality-building regimen adapted to your needs, and a sensible diet which will definitely nourish and still not mean over-eating, will be of very great value. Treatment by means of Mechanical Physcultopathy (See Vol. III, pages 1515, 1521-1600) and vigorous rubbing of the parts will be of great advantage, for it is important that the best possible local circulation should be established as well as an active constitutional circulation.

If an ulcer forms as the result of chilblains in practically every instance that blood contains foreign elements of various kinds, and really requires definite treatment for purification. Under these circumstances, the detailed treatment for vital depletion, (see Vol. III, p. 1713, 1787,) or for any of the diseases that require an improvement in the quality of the blood, would be of distinct value.

Childbirth.—(Labor; Parturition.) Childbirth usually occurs about 280 days after the date of last menstruation; and if it should result at an earlier date the birth is considered to be premature. The symptoms which precede the act of childbirth are contractions of the womb, muscular pressure upon the abdomen and the opening of the uterus, griping, lancinating pains are experienced in the abdomen, and more or less aching in the back, which come on at first at intervals of an hour or half an hour; then at briefer intervals until finally they become almost continuous. There is a frequent desire to pass water and to evacuate. This is the first stage of labor.

The duration of this stage varies greatly. But in an average labor of twelve hours' duration it may last for ten hours, the second stage being accomplished in an hour and forty-five, the third and final stage lasting fifteen minutes.

The second stage of labor. The pains change and the character of the expulsive efforts alters. They now become what are called bearing-down pains, in which the mother en-

deavors to hasten the emission of the child by a movement similar to evacuation. Following more or less severe pain accompanying the pressure of the fetus, the child's head is forced through the distending vulva, and finally, with an unusually forcible pain, the babe's head emerges into the world. As a rule the next pain expels the shoulders, and the rest of the body then emerges with comparatively little suffering.

The third stage of labor consists in the delivery of the placenta or afterbirth. But little pain is incident to this stage.

There are diseases which may attend the birth of a child and directly result therefrom such as puerperal fever (which see); and many accidents such as tearing of the perineum (the tissue between the vagina and the anus.) But the possibility of such untoward occurrences may be minimized with the aid of surgical interference, and when they arise they should be attended to promptly by the physician in charge.

For detailed information on child-birth, see Chapter V of Vol. V of this work devoted especially to this subject.

CHILDREN, DISEASES OF.—(See also *Croup, Diphtheria, Measles, Scarlet Fever, Whooping Cough, Worms, etc.*) Although drugs are baneful in their influence at practically all times, yet to the delicately constructed organism of a child they are many times more dangerous.

The first point to ascertain is "what is the source of the complaint?" In other words, does the disease affect the stomach or intestines or any of the organs lying in the abdominal region? Does it affect the lungs, the throat or the heart? If you listen carefully and note that the heart is beating strongly and regularly and there seems to be no pain or pressure in that region you will probably be safe in stating that it has nothing to do with the heart. If pressure upon the chest does not cause pain, then you are fairly safe in concluding that there is no inflammation of the lungs or of the pleural lining. Inflammation of the lungs and the bronchial tubes, however, will frequently result in difficulty in breathing, and there may also be severe coughing which in many instances assumes the

form of bronchitis, whooping cough or croup. During a bad cold, catarrh of the nasal passages will often be so severe as to prevent breathing through the nose.

When the symptoms assume the form of croup, whooping cough, diphtheria, pneumonia, bronchitis, or any other complaint which affects only the organs of the upper part of the body, they have been brought about largely through the defects of the blood-making organs to which I have just referred. In other words, the poisons or effete matter that find their way into the circulation and which are the direct cause of the symptoms in these various complaints that affect the throat or lungs, come largely from defective digestion or assimilation. Therefore, you must look first of all for means that will accelerate the activities of these important organs.

Treatment. In nearly all acute diseases of the lungs, bronchial tubes and larynx, constipation is present. There may be exceptions, but this is the rule, and the first thing to do under such circumstances is to remedy this defect. It should be made an invariable rule that the bowels should, first of all, be made to act properly, for it is from inactive bowels in part, that the blood is poisoned, and diseases of various kinds finally emanate. The quickest and most effective method is the colon flushing treatment through the use of the enema. In order to be effective sufficient water should be given in this treatment to very thoroughly flush the lower bowel, so that the colon will be cleansed throughout its entire length.

Of course, if the child cannot retain a large enough quantity of water to properly cleanse the colon, a small amount will be sufficient to give beneficial results. Often it is advisable to give one or two tablespoonfuls of olive oil, and if this is followed by drinking freely of hot water, the desired activity of the bowels will usually result. It is well to remember that the entire cleansing of the colon does not necessarily remedy the sluggishness of the small intestines in all cases. It will open the outlet of the colon and make it easier for the contents to pass on into this organ, but, at the same time, there

might be sluggishness of the upper part of the alimentary canal that needs some radical stimulation and this could be furnished in a very satisfactory way by olive oil and the free use of hot water, though if there is much fever present, water of a low temperature can be recommended in some instances. As a rule, however, a larger quantity of hot water can be taken. I do not mean water so hot that it cannot be sipped, but rather of such a temperature that it can be comfortably swallowed. It should be more than luke-warm, because at this temperature it would be inclined to act as an emetic which is not desirable under such circumstances. What is wanted at this time is to flush the alimentary canal with a large quantity of water so that it may wash out the foul and effete matter that is lingering therein and poisoning the entire body.

It will thus be made clear that when the child is attacked by an ailment of any kind, you should first cleanse the lower bowel with an injection of water, taking sufficient to thoroughly cleanse the colon. Then begin the free drinking of hot water of a temperature that can be drunk readily. Encourage the child to drink all of this that he can. If for any reason it is difficult to give the water enema then try, if possible, to give an oil enema. In fact, in some cases where there is serious pain of any kind in the region of the appendix or any part of the bowels, it is often a good plan to inject three or four ounces of oil before giving the water enema. You will then force the oil far up into the colon and give greater relief than would result if water alone were used. After the water has passed, this oil will lubricate the parts and assist in additional movement of the bowels.

If the pain seems to be located in the abdominal region, or if the cause of the symptoms is located in this part of the body, which is the case in nearly all children's complaints, wrap the body from the armpits to the hips in a towel dipped in hot water and then wrung. This wet towel should be as hot as the child can possibly bear it. The application of the hot towel will, in most cases, bring on almost immediate relief and the patient frequently goes to sleep. When this result ensues

the child should be thoroughly wrapped in blankets or comfortables and allowed to remain in this wet pack until it awakens, after which the towel should be removed and the body rubbed dry with the palms of the hands. As a rule, the symptoms will have abated by this time and there will be no need of additional treatment. In case, however, they have not abated, additional hot towels should be used. In fact, if the child does not promptly go to sleep and the pain continues, the towels should be changed, each time making them a little hotter, as this moist heat contains the stimulating properties which open the pores and draw a large amount of poison from the body, and at the same time greatly accelerate the circulation throughout the organs in the abdominal region.

Under no circumstances should food of any kind, either solid or liquid, be given a child when it is suffering from symptoms of acute disease. Under such conditions food is poison, and it will simply add to the poisonous matter in the blood and prolong the disease. After the symptoms abate and the child expresses a keen desire for food, some food might be allowed, although it is far safer to confine the diet to acid fruits for a day or two, providing food of this kind is craved. Milk may be used where there is a strong desire for it. For a few days, if the dietetic regimen were confined to sweet and acid fruits combined with olive oil, giving milk as desired, the process of recovery would be safer and speedier in nearly all cases.

Should there be severe coughing of any kind, such as found in whooping cough, bronchitis, or should there be difficulty in breathing as in diphtheria, hot towels should be placed around the neck, chest and throat, as well as around the abdominal region. In some cases, where the symptoms are very severe, alternate hot and cold applications may be used with advantage.

Remember first of all that disease is a curative process —throwing out those elements which are foreign to and poisonous to the system. The various symptoms that occur in the numerous complaints of children come for this purpose alone. They are eliminative. They are purifying. They

become a means of cleansing the body of foul matter which, if allowed to remain, would probably cause death. You should remember, therefore, that the symptoms of these various complaints represent simply an effort on the part of the system to protect the life of the body. These diseases might be termed the last line of protection put forth by the body to protect life.

There are four great purifying channels situated within the body; the lower bowel, the kidneys, the lungs and the skin. Impurities of various kinds, of course, are eliminated at all times from these organs. But let us suppose that the poisons accumulate so rapidly that these organs are unable to properly eliminate them, then there will be protest. There is often sluggishness in the functional processes of the various organs and ultimately there will appear the danger signals. This line of watchmen, this last line of defense, calls for help and help comes in the form of acute disease. If this acute disease proceeds with the various symptoms that are essential under the circumstances, first of all you will lose your appetite, the stomach refuses to take food. All of the powers of the body are devoted to curing the disorders. There is no surplus energy at this time to digest food, and it is worse than needless—it is a poison. It is actually a crime to force it upon the body at this time. Any one who will tell you that at this time you must have food to keep up the strength of the body does not understand the first principle of the cause or cure of disease. No nourishment of any kind, not even milk, should be allowed to pass the lips when one is suffering from acute disease. See Chapter I, Vol. III.

Do not be afraid of a limited abstinence from food. Do not be afraid of the outside air.

If a child goes to bed in a wet pack, wakes up somewhat improved and desires to get up and play around in the room or out-of-doors, so much the better.

Once each day it will usually be of advantage to give Physcultopathic Treatment A, B or D, inasmuch as this stimulation of the nervous system is always helpful.

In convalescence the child should be out of doors as much as possible.

Chills.—See *Diseases of the Nose and Throat, Bronchitis, Fever and Malaria.* Also *Disease, Sudden Attacks,* Vol. III, p. 1662.

Chlorosis. (Green Sickness.)--See Volume V, also see *Anemia* in this volume.

Choking.—Obstruction in the windpipe. Such an accident requires immediate action. It is sometimes caused by the swallowing of objects too large for the throat, which lodge in the gullet and obstruct the windpipe by pressure. Bones or other sharp substances may enter the windpipe directly; such cases are the most serious.

Treatment. Try to remove the offending substance. If a child, turn upside down and slap on the shoulders. Induce vomiting if not successful. Meat or large soft substances may be shoved into the stomach or extracted from the throat by any convenient means. Fish bones, if so fine they cannot be extracted by a pair of forceps may be forced downward by administering the white of an egg, not beaten. See also *Choking* under *First Aid,* Vol. III, p. 1660.

Cholera.—There are two types of cholera:—The Cholera Asiatica, Eastern in origin, is rarely met with in the western hemisphere, excepting in times of plague; and the Cholera Morbus, an acute feverish condition, with not dissimilar symptoms, produced by indiscretions in diet.

The symptoms of *Cholera Asiatica* begin in a gradual manner with colicky pains in the abdomen, looseness of the bowels, and headache. These pains continue, interfering with the circulation and breathing. There is a more or less continual discharge of thin watery fluid from the bowels and this is sometimes tinged with blood. A violent desire to vomit and a sensation of burning heat in the stomach follow. After a short period the reaction follows, and the sensation of heat and oppression is replaced with a clammy skin, coldness and dampness over the whole surface of the body, livid lips, a violent thirst, feeble pulse and difficult breathing. A dis-

quieting sign is an inability to urinate. Such symptoms as these are invariably present in some cases in a mild form when the disease take a favorable course, in other cases in a virulent form when life becomes endangered. A favorable sign is the stage of reaction. This is characterized by a return of warmth, improved circulation and respiration with the return of ability to excrete the urine. The vomiting and purging may continue but at longer and longer intervals. When, however, there is a relapse, which is not infrequently the case under improper treatment, the patient becomes delirious, the tongue dry and cracked and the pulse mounts higher and higher. Coma then often ensues and death follows.

Cholera Morbus is an affection the symptoms of which much resemble, in a modified form, the signs of true cholera. The diseases differ in that the one is infectious and the other is not. There is not so much danger attached to this ailment as is generally supposed, though the symptoms may cause grave inquietude.

Treatment. In the treatment of Asiatic cholera naturally the object in view is to carry off the poisons that are really the direct cause of the trouble. For this purpose large quantities of hot water should be drunk, at least for the first two or three days of the ailment. This water can be flavored with salt or lemon juice if desired. If this causes vomiting, it will relieve the alimentary canal all the more quickly, and the patient should continue drinking it. Absolutely no food of any kind must be allowed, as this would simply add to the difficulty. Once a day a full enema should be given for the purpose of thoroughly cleansing the colon. If the body is cold, this enema should be as hot as the patient can bear it, perhaps 115 degrees Fahr., and it would be well to retain the enema from fifteen to twenty minutes before expelling it, if possible. This hot enema will stimulate the action of the kidneys, thus overcoming one of the great difficulties encountered in this disease. In fact, should the patient be unable to drink large quantities of water as suggested, it would be well after expelling the enema to inject from two to three quarts into

the colon and allow it to remain. When the disease process is unusually rapid and serious, two enemas a day might be given, though the greatest degree of care must be used not to lower vital resistance. The apparent loss of strength and bodily energies due to the enema in some instances might endanger the patient's life.

By all means remember the necessity for outdoor air in this disease. Have the patient at an open window, or his head out-of-doors, if possible.

Hot abdominal packs are especially valuable, provided the temperature of the patient is normal or below. In case the temperature is above normal, then cold abdominal packs should be used. This pack should be given once daily, always making sure of definite recuperation when given cold. If the patient is strong enough Physcultopathic Treatment F would be a splendid method of beginning each day; though if not strong enough then simply give the hot spinal pack, as in Physcultopathic Treatment D. Remember, however, my repeated warnings to be careful not to give too much treatment, which are especially to be noted in this particular complaint. As a rule, the patient could be given the spinal treatment adapted to his particular strength in the morning; toward noon an enema could be given, and toward evening a hot abdominal pack of two or three hours' duration. In some few instances a hot wet sheet or hot blanket pack would be of value, or perhaps a cold wet sheet pack, given after a hot bath to thoroughly warm the patient.

In most cases, however, the previous suggestions will usually be effective, and they do not require quite such rigid treatment, or no definite recuperation as is essential when using the wet sheet pack.

As the appetite begins slowly to return acid fruits could be used. It is far safer to keep the patient in what might be termed a half-starved condition for at least the first few days while recovering from this complaint, as a meal that is too hearty in nature would be a dangerous experiment.

The treatment of *Cholera morbus* is very simple, calling for complete abstinence from food until the symptoms subside, the free drinking of hot water, one or two full hot enemas each day and the hot abdominal pack.

CHOLERA INFANTUM.—The "Summer Complaint" of infants. There is fever, cramps, vomiting, diarrhœa, intense thirst, rapid emaciation and exhaustion. Treatment includes emetics, enemas, water drinking, fasting, hot or cold abdominal packs, heat to the extremities and fresh air. See general methods in *Children's Diseases.*

CHORDEE.—See *Gonorrhea.*

CHOREA.—See *St. Vitus's Dance.*

CHOROIDITIS.—See *Eye, Diseases of.*

CIRCULATION DEFECTIVE.—Poor circulation may be regarded in the light of a diseased condition, inasmuch as it indicates defective functioning and lowered vitality. It is indicated usually by a tendency to cold hands and feet under ordinary circumstances, the lack of color or excess of color in the face, and sometimes by a mottled or somewhat purplish aspect of the hands, wrists or other parts of the body. It is a common accompaniment of neurasthenia, vital depletion and weakness of the heart.

Treatment. Muscular exercise is the most important factor of the treatment and should be given special attention. Next to this, however, cold baths offer a most valuable means of improving the circulation. (See Volume III, page 1402 especially, and the entire Chapter II of Volume III generally.) Air baths (see Volume III, page 1417) and dry friction baths (Volume III, page 1439) are also of inestimable value. In connection with these, a suitable dietetic and general vitality-building regimen should be adopted. It is important at all times to maintain due warmth of the extremities. If the hands and feet are cold, following a cold bath, it indicates poor recuperative powers. (See Volume III, page 1470.) I would suggest the general regimen advised in the case of Vital Depletion, (which see.)

CIRRHOSIS OF THE LIVER.—See *Liver, Diseases of.*

Claw Hand.—A claw-shaped condition of the hand due to muscular atrophy and contraction of the tendons. Treat as for Muscular Atrophy.

Cleft Palate.—See *Harelip*.

Climacteric.—A period of like marked by decided physiological changes, such as puberty or the change of life.

Club-Foot.—A term applied to a deformity of the foot produced by paralysis of certain muscles of the legs. It is often congenital. Neglect to treat the disease at its earliest manifestation results in the patient being compelled to walk upon the extreme edge of the foot. When the deformity extends it becomes necessary to walk on the back of the foot. Cure depends upon early treatment.

Treatment. Our treatment of this deformity often produces beneficial results, if begun when the disorder first appears. It consists, first of all in using Mechanical Physcultopathic Treatment on the affected part; that is, moving each affected joint in every possible direction, stretching all the ligaments and tissues, together with vigorous exercise of all adjacent parts. By studying the movements that are given under the head of Mechanical Physcultopathy for bringing into active use the tissues around the joints which you are desirous of treating, you will be able to learn the special movements that would be of value in the treatment of this particular ailment. (See Vol. III, p. 1515-1600.) All of the movements for the foot and ankle should be used persistently.

Naturally in connection with this difficulty there is usually a certain amount of general weakness. The blood rarely contains the elements that are essential to nourish the body properly; therefore, it is essential to give attention to some general regimen for the purpose of increasing vital strength. All the various movements that will materially add to the strength of the spine will be of especial value, and this will add to the nervous energies of the body, and consequently improve all parts.

I would especially recommend Treatments F and G as a means of building up spinal vigor.

Cocaine Poisoning.—See *Poisoning,* also *Drug Habits.*

Cold. (Coryza.)—The symptoms that accompany this complaint—soreness, inflammation, mucus discharge from throat and nose, all indicate a tendency on the part of the system to free the blood from foreign, effete, poisonous elements. These symptoms indicate an attempt on the part of the body to regulate itself to normal health.

A cold can, as a rule, be remedied within a very short period if one is willing to follow a fairly strict regimen. The existence of a cold does not by any means indicate that you are suffering because of indiscretions on your part, so far as exposure to the air is concerned. It simply indicates that the body is endeavoring to eliminate a certain amount of impurities that have accumulated therein, and exposure to the cold has stimulated the sympathetic nervous system sufficiently to devise some method of throwing out this accumulated poison.

Treatment. You have perhaps heard that you should "stuff a cold and starve a fever." But in many instances if you do adopt this regimen as far as a cold is concerned, you will have a fever to starve as the result. A sensible method of treating colds as well as fevers, at least in the beginning of a radical method of treatment, is the starving process. In other words, you should eliminate nourishment of all kinds, at least from one to four days, depending upon the severity of the cold. In order to prescribe the most effective methods for curing this disease, it would really be necessary first of all to know something of the nature of the severity of the attack.

If, however, one is attacked by a cold that seems to be really serious, then I would advise Fasting Regimen No. 2 for from two to four days; use Breaking-Fast Regimen No. 16, and follow with milk diet.

Should you be following some occupation where it is difficult for you to adhere to the milk diet advised in Breaking-Fast Regimen No. 16, then take Milk and Fruit Diet No. 43, after which you could use Milk and Fruit Diet No. 46.

A general vitality-building regimen should be adopted when beginning the treatment of a cold, following the instructions given therein persistently each day. Do not go to bed with a cold unless you feel that this course is absolutely essential, for as a rule this will add to the severity of the disease.

If you are fairly strong it is a good plan to take long walks in the open air and if you have more than average strength, a long run is preferable. Deep breathing is especially important also, though one should remember to breathe diaphragmatically; that is, let the expansion begin in the region of the abdomen. If not especially strong then a steam or vapor cabinet bath is a good remedy to hurry the curative processes. If a vessel of boiling water is placed under a chair, and blankets are thrown over the patient, this will furnish a very satisfactory steam bath. A steam bath should continue for from ten minutes to half an hour, as long as it is comfortable to the patient. This bath will, of course, cause the perspiration to pour from the skin and will result in removing a large amount of impurities. Complete immersion in a full hot bath, 110 degrees to 115 degrees Fahr., will accomplish the same result.

A hot foot bath is sometimes of value, especially before retiring. The patient should be wrapped thoroughly in blankets and the water should be as hot as can be borne. Additional hot water should be poured into the basin now and then in order to keep the water at the highest point of temperature. This will also induce copious perspiration, and will assist in bringing about the same result as the steam bath. Hot and cold sitz baths are splendid tonics when one is desirous of remedying a cold. They may be depended upon to arouse functional activity in a very effective manner. Wet sheet packs are also very valuable and can be used with splendid results in cases when the patient is not very strong, or in other words, not in condition to induce free perspiration through exercise or the other methods suggested.

Even if you have moderate strength active exercise of

various kinds is advised. Almost any exercises that use all the muscles of the body are advisable. See Volume II.

Pure air at all times is absolutely essential.

Air and sun baths will be found of immense advantage.

Use as little covering at night as is consistent with warmth. If it grows colder towards morning that will be the proper time to add more covering.

Dry friction baths and cold water bathing are especially advised as included in the vitality-building regimens. Some precaution should be used in taking cold water baths, and if you cannot recuperate from them with a feeling of warmth they can be of no benefit. In such cases, water of a more moderate temperature should be used, gradually accustoming yourself to the use of colder water. Following a friction bath, the skin is in a condition, however, to recuperate readily. The dry friction bath can be taken with a dry, rough towel or two soft-bristle brushes, rubbing vigorously the surface of the entire body until the skin is pink from the accelerated circulation excited by the motion. This insures activity of the pores.

A cough does not in all cases accompany a cold. Sometimes, it is confined to the nasal passages, when a cough may not be present. Frequently one has a cough with little or no cold. A cough is exceedingly troublesome and frequently induces serious loss of sleep. It is usually present in catarrh of the larynx or bronchial tubes, nervous dyspepsia, bronchitis, consumption, pleurisy and in neuralgia, pneumonia and pharyngitis. There are various kinds of coughs, classified as stomach, nervous, hacking or tickling, heavy or hollow, dry or tight, loose, barking and chin cough. See *Cough*.

As a means of assisting the cough, at times accompanying the cold, the free use of pure honey is advised. Gargling the throat with a strong solution of salt and water is also valuable as a means to assist allaying the irritation. When coughing is exceedingly violent, the application of hot cloths to the throat and chest will often produce beneficial results. These cloths should be made as hot as the patient can bear them, and they should be changed frequently. If there is a high fever, cold

cloths can be used. Or a stronger stimulation can often be secured by using hot and cold baths, alternately from one to the other; that is, using hot cloths until the tissues are thoroughly heated, and cold cloths until they are thoroughly cooled, changing three or four or half a dozen times from one to the other.

Remember, however, that while any serious symptoms remain, you should continue your fasting, taking nothing but pure fruit-juices and water as desired.

Cold Hands and Feet.—(See *Circulation, Defective.*)

Colic.—Severe abdominal pains, which are often excruciating in nature, and which are of a spasmodic character. The term is sometimes applied to *Cholera Morbus.* (which see.) The most general seat of colicky pains is the intestinal tract; though they may also arise from obstruction within the bile duct and the renal passages. They may also be produced by tumors and internal growth. Thus their appearance may indicate a serious state of disease or be of comparatively trifling importance. The duration and intensity of the pain is a criterion of its gravity.

The symptoms of this very unpleasant disorder when they are acute in nature, can in practically every instance be removed almost immediately by drinking large quantities of hot water. When there is constipation present it is advisable in every instance to take a full enema for the purpose of thoroughly cleansing the colon of all accumulations. The use of water as hot as can be borne for this purpose, probably about 115 degrees to 120 degrees Fahr., and the drinking of large quantities of hot water, will in nearly every case bring relief that will be complete and permanent.

When the symptoms still continue after drinking considerable hot water, and the enema does not seem to bring relief, then a very warm enema should be retained to give the liquid an opportunity to be absorbed throughout the alimentary canal.

Very hot abdominal packs are also valuable in bringing relief. These packs should be changed at frequent intervals to

keep them hot, or else place hot water bottles over them. Fomentations with hot wet flannels would be advisable for this reason. As soon as there seems to be distinct relief the pack should be removed. Be careful not to eat too soon after the symptoms of this disease have been alleviated. Be sure that there is a definite appetite and that over-eating is not indulged.

Pressure upon the abdomen often gives relief. If there is reason to suppose that the trouble is caused by undigested food it may be well to give an emetic at once, using a tablespoon of salt to a cup of lukewarm water.

COLITIS.—Inflammation of the colon or large intestine. See *Intestines, Diseases of.*

COLLAPSE.—*Symptoms.* This is a condition of extreme prostration or depletion of the nervous and functional energies. It is, in short, a case of extreme vital depletion, affecting all the functional organs and interfering with the normal processes of the body. It is, in a way similar to the condition known as shock. In some cases shock will affect one in good health, but collapse always follows a lowering of vitality until the individual is completely prostrated. Collapse often follows in case of a serious disease or the progressive weakness due to continuous overwork.

Treatment. Absolute rest and quiet are essential in the treatment of collapse and every opportunity to sleep should be afforded. If the feet are cold, they should be warmed both by rubbing and the external application of heat; the drinking of hot water is also recommended. Since the patient usually has no appetite, it will be best to fast one or two days at least, after which exclusive milk diet No. 33 may be recommended.

With or without this milk diet a daily neutral bath (98 to 100 degrees F.) of one or two hours is recommended as a means of quieting the nerves and promoting moderately active elimination. With the gain of strength only such exercise should be indulged in as the instincts of the patient may suggest. In most cases the rest cure is taken with the greatest

advantage along with the milk diet. In short, the treatment for the most part should be similar to that used in a case of shock. In a state of collapse the patient is not in a condition to endure very much treatment and great care should be taken to avoid giving too much. Recuperation in each case is absolutely essential.

At intervals, sufficiently removed from the bath above suggested, a hot abdominal pack may be used though a hot spinal pack with Physcultopathic Treatment A or B will usually be more effective by way of arousing the vital forces of the body and stimulating the nervous system generally. As the patient recovers from the first extreme prostration, he should adopt the general constitutional regimen described elsewhere for the treatment of Vital Depletion, or perhaps the general regimen advised for a case of Neurasthenia.

COMA.—*Symptoms.* A condition simulating deep sleep, in which the mental functions seem to be suspended, and which is often marked by difficult breathing or snoring and a livid condition of the face. It may be due to various conditions which affect the brain, and is in most cases a symptom of some other disease or disturbance either of the nervous system in particular, or of the body generally. It often comes on in mortal illnesses, and in connection with any fever or condition of shock, is to be regarded as a grave symptom.

Treatment. Inasmuch as coma in connection with some other disease may represent an extreme condition of vital depletion, it should be treated the same as shock or collapse. Hot enemas will be found stimulating as well as hot abdominal packs or hot spinal packs. The extremities should be made warm by rubbing and the application of heat. Absolutely fresh air must be supplied, and, aside from these suggestions, the patient should be given absolute rest. Sometimes warm applications to the head may be useful or a hot fomentation over the heart will be effective as a vital stimulant. After arousing the patient from coma, hot water drinking is suggested, but great pains should be used to avoid too much treatment, then proceeding

as with ordinary treatment for the specfic disease in each individual case.

Where coma supervenes as the result of some nervous disturbance such as hysteria or some form of mental derangement, treatment given under *Catalepsy* should be followed.

Complications.—A complication is a secondary disease or process which arises in connection with some primary disease. It is, therefore, simply the expression of a further effort upon the part of the system to eliminate the impurities which have accumulated or which may have been introduced into the system from external sources. In practically all cases, we may say, if the first disease is properly treated, and the elimination of wastes and poisons is thus carried on satisfactorily, both through the medium of the primary disease and through the accelerated activity of the natural depurating channels, due to the treatment, then these purifying processes will proceed so rapidly and favorably that no other disease process will be necessary to help accomplish the restoration to a normal condition of all the organs and functions. Complications, as a rule, simply indicate the need of more active elimination, and are often to be regarded as symptoms of a primary disease.

Similarly, *Relapses* will occur only when improper treatment is pursued. When the proper constitutional treatment for a specific disease, as advised in these pages, is faithfully adhered to, the improvement should be continuous. A relapse would indicate the need of further treatment of the same kind, but more carefully applied, and with special pains to avoid forcing treatment or giving too much treatment.

In connection with the subject of *Complications* and *Relapses* I would especially refer the student to a careful reading of Chapter V of Volume III, on the general plan of treatment in acute and chronic diseases, specifically pages 1694 to 1711.

Concussion of Brain.—The result of shock or injury to the brain, causing loss of functional power. Treatment same as for *Apoplexy* (which see.)

Confinement.—See *Childbirth;* also Chapter V, Vol. V.

Congestion.—A condition characterized by an excessive

accumulation of blood in any part or organ of the body. It is more generally found in connection with inflammation and in such cases indicates an effort on the part of the body to overcome obstructions and to eliminate toxic or foreign material antagonistic to the welfare of the tissues or organs concerned. Therefore measures should be used to accelerate the circulation both by constitutional treatment and by hydrotherapic methods and thus help along this process. The more common forms of congestion are associated with diseases of the brain, spine, lungs, liver and kidneys.

CONJUNCTIVITIS.—See *Eye, Diseases of.*

CONSTIPATION (*Costiveness*).—Although the term constipation is applied to that condition in which the person affected has infrequent, irregular movements of the bowels, yet both the cause and the degree of the complaint differ to such an extent in various cases that it is exceedingly necessary to note other signs connected with the trouble.

Constipation may be a temporary condition coexistent with, and due to, some acute abnormal condition of the body. This soon passes and need not be here considered. Here we are discussing constipation of a persistent and prolonged nature.

The most general signs of constipation are either irregular, infrequent movement of the bowels, or there may be no passage at all without the assistance of a laxative or an injection. When an evacuation takes place the material passed is either dark in color and hard and dry—in a mass or in pieces—or it may be of putty-like material light and clay-colored. Often after the hard, stony passages, the sufferer has several profuse diarrhœal movements. At times the rectum may become clogged to the extent that this diarrhœa takes place through a tunnel in the center of the obstructing mass.

Coexistent with these symptoms of the bowel the skin is sallow and pasty, frequently blotchy and pimply, and dark rings appear under the eyes. The tongue is coated and the breath becomes foul. The urine is generally dark in color, and strong in odor. Headache is another invariable symptom. The appetite may be fair, even good, but immediately

after a meal, there is a sense of pressure in the abdomen. Gas is expelled both from the mouth and the anus. The excessive distention thus involved with its upward pressure upon the diaphragm may oppress the heart to the extent of causing shortness of breath, pain, or even an hysterical condition. The origin of most nervous maladies lies in a more or less chronic condition of constipation, though often the sufferer is unconscious of the fact.

When one is suffering from constipation, there is nearly always what might be termed a sunken condition of the stomach and many parts of the alimentary canal. The muscular tissues of the bowels have lost "tone," they have lost strength, lost their power to resist the influence of the "overwork" that is continually forced upon them. Therefore with long continued constipation you have dilation, an enlargement, ptosis, or a falling down of all the organs that make up the alimentary tract.

Deficient mastication is in many cases unquestionably one of the most important causes of constipation. The digestive process cannot be carried on properly when the stomach and small intestines are compelled to supply the digestive juices furnished by the saliva of the mouth, and also to bring about that maceration of the food which represents the duty of the teeth.

Treatment. Cathartics of all kinds, especially when mineral, should be avoided. All drugs are harmful; they lessen one's vital efficiency, they dry up the glands that furnish the digestive juices and in many ways they spell disaster to the physical organism. It is utter folly to take drugs to cure a complaint of this nature when there are various other methods of relief far more pleasing, and far more satisfactory in their results. For instance, there is what is termed the internal bath, the cleansing of the colon, the large lower bowel, with a quantity of water (See Vol. III, p. 1454-61). As a means of temporarily remedying constipation, this particular method can hardly be improved upon. It can be most highly recommended where one is suffering from a sudden attack of

an acute disease of any kind. This lower bowel might be termed the principal sewer of the body. Many poisons may be eliminated from the body in this manner. Many attacks of acute ailments can be almost immediately relieved by this one remedy. Many claim that the continued use of enemas entirely destroys the natural functions of the bowels, and where it is used at too frequent intervals and continued for a great length of time, there may be some truth in these statements. There is, however, no need of cleansing the bowels in this manner except when you actually have need for the relief. Very often the injection of a pint or a quart of water will be sufficient to bring about a satisfactory activity of these parts, though where an acute disease is being treated and there are symptoms that are at all serious in nature, it is well to use all the water the patient can retain for a few minutes, for under such circumstances the bowels are thoroughly cleansed and the process of eliminating poisons is continued much more actively.

I believe, however, that one should not depend altogether upon this means of cleansing the body. One should so adapt his diet and exercises, that the alimentary canal will perform its duties, in every way, without artificial assistance.

The sufferer should avoid concentrated foods. Highly seasoned dishes that require complicated preparation had better be shunned entirely.

When beginning a dietetic regimen for the purpose of increasing bowel activity it is well to remember that there is a possibility that you have been eating too heartily. Under such circumstances, of course, it is exceedingly valuable to precede your course of treatment with a short fast of at least one or two meals, or better still, one or two days. A process of this kind will help to give the bowels the muscular tone which I have previously referred to. They will be able to perform their functions more ably as a result of this brief rest. But whether you take this dietetic rest or not, it will be necessary to add various foods to the diet that will bring about the desired object.

Use whole-wheat bread, not the brownish bread that is often sold for whole-wheat, but the bread that is made from the whole grain, bran and all.

There are various fruits that are frequently recommended for this trouble and many of them are valuable. Grapes, for instance, can be recommended. Grape-juice is likewise very often effective. This is especially so if it is taken in the form of what some call grape-coffee. This is made by filling a cup about one-third full of grape-juice, sweetening it with a tea-spoonful of sugar, and filling the cup with boiling water. If one or two cups of this are taken immediately after a meal, it often brings good results.

Some find that apples act very beneficially. Where there is a strong desire for fruit of this nature, it can sometimes be eaten between meals with benefit.

Many people suffer from constipation because they do not supply the system with sufficient water. This does not mean, however, that you should force yourself to drink large quantities of water, but one should acquire a habit of drinking at least a glass of water for every two hours during the day, excepting the time consumed in sleep. It is not necessary to drink every two hours, but the entire amount of water that you take during the twenty-four hours should average very nearly this amount. I understand that some Japanese make a habit of drinking at least a gallon of water a day, but doubtless this is a great deal more than is required.

In addition to the whole grain of wheat, barley, oats and rye, can be recommended for troubles of this nature; that is, provided the whole grains are used in every instance. The ordinary rolled oats which may be purchased in grocery stores will be found a fairly good article of diet. The whole barley, prepared as a whole grain, is splendid. Olive oil can be palatably used on various foods, or if one or two tablespoonfuls are taken at night on retiring good results can usually be secured.

In many cases I would advise the use of uncooked foods. If you have an antipathy to eating foods of this kind, you

might first try flaked grains, prepared by placing about a teacupful of flaked or rolled wheat, oats, rye or barley on the stove, with a similar quantity of water. As soon as the water begins to boil, the food is ready to serve, and can be eaten with dates, raisins, or any sweet fruit that you might desire, with the addition of cream or milk if this is necessary to make it more appetizing.

The whole grains of wheat, barley, and rye, can also be prepared in a manner to make a very tasty and splendid food. Soak the grains over night in a small quantity of cold water. Put them on the stove the next day and simmer gradually for several hours or until the grain is fairly soft. Be careful not to add so much water that a part of it must be poured off the grain. Fifteen minutes or half an hour before you take the grain from the stove, add dates, raisins, or any sweet fruit.

The above dietetic suggestions will answer perfectly in nearly all instances, but in a serious and acute case it is sometimes advisable to adopt a still more radical plan of treatment.

In order to accomplish quick and radical results, therefore, in extreme cases of constipation, I would first of all suggest a fast. This fast should begin with Fasting Regimen No. 3 for 2 days, followed by Fasting Regimen No. 2 for three or four days, depending altogether upon the vitality and general vigor of the patient. The longer the fast is continued, up to the period mentioned, as a rule, the greater it will be to the advantage of the patient, unless he shows distinct signs of emaciation or low vitality before beginning the fast. Under such circumstances, two or three days, or five days at the outside, should be the limit of the fasting period.

Each day while following the fast for the treatment of constipation it would be advisable to take a full enema, thus thoroughly cleansing the entire length of the colon. The breaking-fast regimen suited to the length of the fast should be used, and it is advisable in practically every instance to follow with the Milk Diet No. 32, unless one is already much overweight. After breaking the fast, Cereal Diet No. 81 or 83 could be followed, if it is impossible to follow the milk diet.

You must remember, however, that the inclination of the milk diet in practically every case, is to aggravate symptoms of constipation when you first begin it and before attempting this diet you really ought to read carefully the full instructions for taking the milk diet, given in Vol. III, p. 1730-1753. In some cases it will seem to aggravate the symptoms of constipation so severely that it would be difficult to take it. These cases occur, however, only in rare instances and the difficulty will nearly always disappear as soon as a sufficient quantity of milk is used. By constantly increasing the quantity of milk, one can depend upon being entirely relieved of constipation. Owing to the influence of the milk in thickening the walls of the intestines and in adding to their strength, it is an especially valuable diet in remedying this disorder.

A cold abdominal pack put on before going to bed and allowed to remain all night, or until dry, will frequently be of value in the treatment of this disorder. It will improve the circulation and add to the general vigor of the internal organs.

Likewise, daily cold sitz baths are often of great benefit because of their invigorating influence.

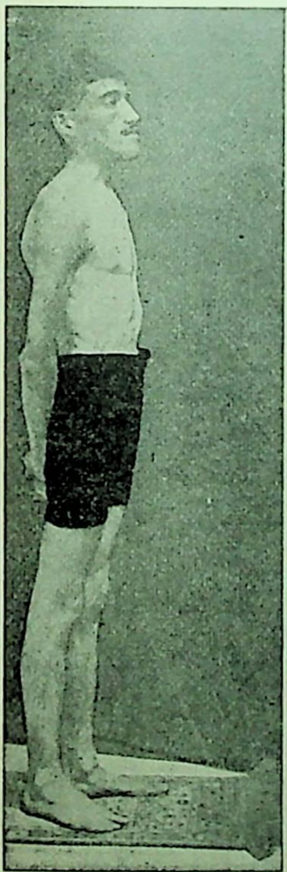
A glass of water, either hot or cold, in which is dissolved a level teaspoonful of salt, taken once each day will often be of value. It will leave no bad results, as in the case of cathartics or laxatives of the usual type.

There is still another remedy which I have never known to fail, in all my experience with it, though it is more drastic than those already mentioned. This is the use of ordinary round sand.

The effect of the sand cure is not always immediately noticeable. Sometimes it takes from two to four days for it to bring about the desired activity of the alimentary canal. Remember, however, that you must not under any circumstances use sharp sand, or sand which contains mineral elements which cannot be taken without risk of injury. As a rule, it is better to secure sand from someone who is in a position to fur-

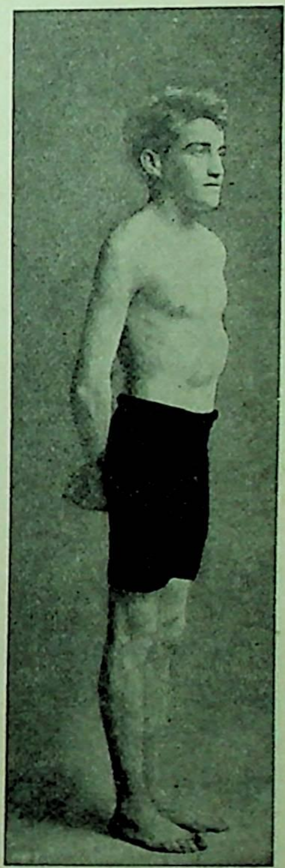
nish it, and who not only thoroughly cleans it but sterilizes it as well. You may sterilize it yourself by either baking or boiling. On the bank of almost any stream or lake, or on the shore of the ocean, as a rule, you will find the rounded sand referred to. The action of the water washing back and forth wears off the sharp edges.

From three to six heaping teaspoonfuls of this sand should be taken each day. It is very easy to take. All that is necessary is to place the sand in the back part of the mouth and then simply wash it down with a glass of water. Of course, it is tasteless, and it is rather unpleasant to have grains lodge between the teeth, but all the granules disappear in a short time.



Condition of young man while suffering from constipation and bowel trouble.

If you are suffering from constipation no matter what other method you may adopt to effect a cure, I would especially emphasize the necessity for walking at least once each day until there is a slight feeling of fatigue. The distance you cover, will, of course, depend altogether on your strength. Some can walk for many miles without fatigue others will tire out after walking a very short distance; but if my suggestion is followed, that is, merely continuing to walk until there is a slight feeling of fatigue, it will be impossible for you to overexert yourself. I



Same patient after recovery, showing gain of twenty-four pounds.

might add that it is exceedingly difficult to walk too much. Of course, if one were to use his will and to force himself to an extraordinary extent, he might walk beyond his strength. However, I have known many persons to continue to walk until they really felt they were hardly able to stand, but after a few hour's rest they felt as fresh and as fine as ever.

All this indicates that the fatigue that comes from walking very quickly disappears because of the tonic effect of this particular exercise on all the various blood-making and vitality-building organs (See Vol. II, p. 766).



Exercises similar to that illustrated in this photograph are valuable in constipation. Grasp leg at knee and raise it as high as possible, as shown. Repeat a number of times and perform same movement with other leg.

I am presenting illustrations of various exercises that can be taken for the treatment of constipation.

Another especially valuable exercise is that of jumping slightly, just as one jumps a rope. The jar of this particular exercise accelerates the activity of the functional organism, and will be found very useful in the treatment of constipation.

As a rule it is a good plan to take this exercise upon rising, and it will be found more effective if you will drink one or two glasses of water before beginning the exercise. The exercise should be continued on each occasion until a slight feeling of fatigue is noted. At first, unless you are fairly strong, you may find it difficult to jump more than

from one to three hundred times without feeling fatigue, though the exercise, as a rule, should be continued from two to five hundred times, resting whenever you feel especially tired, if you expect to get results of importance.

The exercise of leaning forward while sitting in a chair, pressing the abdominal region strongly against the right leg, then returning to a sitting position, and repeating same exercise pressing the abdominal region against the left leg, will also be found very valuable for remedying this trouble. This exercise should be continued until there is a feeling of fatigue. When leaning forward to press the body against the right leg, the body should be swayed far to the right, and far to the left when pressing the body against the left leg.

The massage of the abdominal region with the closed hands can also be recommended in some instances; if you will tightly close the right hand and then press inward, using the other hand to add to the pressure, encircling the abdomen in the direction of the movement of the hands of a clock you will nearly always secure favorable results. This is especially so if you persist in this movement regularly and for a sufficient length of time.

The exercise of rising up to a sitting position while re-



The exercise shown here is particularly valuable when constipation is present and the patient is bed-ridden and too weak to use movement illustrated on preceding page. Grasp both legs at the knees and bring them as close to the body as possible. Repeat until slightly fatigued. The movement may also be performed while standing.

clining on the back, brings the abdominal muscles into very active play.

The exercise of raising both legs to a vertical position while reclining on the back, also has this effect. When you strengthen the walls of the abdomen, to a certain extent the internal organs seem to acquire additional vigor. Percussion self-applied by hand is also beneficial. See exercises illustrated in Vol. II, pp. 828, 830, 831, 837, 1042, 1044.

There are perhaps no exercises more valuable than abdominal breathing movements. For instance, when drawing in a breath and slightly expanding the abdominal region, all the vital organs in the abdomen secure the stimulation of a slight movement which comes with the inhaling of the breath, and the same is true when the breath is exhaled.

In short, a general vitality-building regimen should be adopted for increasing the strength and vigor of all parts of the body. I would advise the selection of a regimen adapted to your particular strength and that the exercises and general instructions given therein be followed persistently.

In serious and stubborn cases, it will help greatly to give Physcultopathic Treatments E or F or for the patient himself to take Physcultopathic Treatments G, I or J, thus stimulating the nervous system. These treatments affect the lumbar and dorsal regions of the spine, thus influencing directly the spinal nerves which control activities of the bowels. In some cases this feature of the treatment will be found most important of all.

Regularity of habit in defecation is a good thing to cultivate, and especially so if one practices some regularity in regard to his meals. However, one should never resist the slightest inclination, to defecate, no matter at what time of day. The tendency to ignore the calls of Nature is responsible for a great deal of trouble of this nature.

Constipation is sometimes induced mechanically by the presence of tumors or by misplacements of the womb. In such cases appropriate treatment for these disorders will be necessary.

CONSUMPTION.—(Phthisis, Tuberculosis of Lungs.) Consumption or tuberculosis of the lungs, is due to changes which take place in the tissues of the lungs produced by the accumulation in the part affected of morbid and waste material circulating within the blood stream. Though it is believed by many that the presence of the tubercule bacillus alone is the cause of the tissue change and wastage, this is not so. For only when the soil is first prepared upon which the tubercule bacillus can thrive will its depredations become noticeable.

There are two varieties of tuberculosis of the lungs, or consumption. The first and most common form is chronic, or lingering consumption. The second form is rarer, and is termed galloping or "quick" consumption.

In distinction from these two forms of pulmonary tuberculosis, *acute general tuberculosis* does not attack the lungs alone but the entire organism at once, throwing down its victim suddenly and producing a disease similar, in many respects, to an attack of blood-poisoning. The course of this disease is even more rapid than that of galloping consumption, the patient dying in about two to six weeks.

The most common form of pulmonary tuberculosis is of a chronic nature. It often begins by the patient suffering from catarrh, either of the throat, the bronchi or the stomach.

Cough and expectoration appear. The sufferer is "run down." Maintenance of weight is difficult, and anemia and gradual emaciation are invariable accompaniments. These are symptoms which many consider to be of a more or less harmless nature; but they could not possibly be present were the simplest of hygienic laws practiced and applied.

With the development of the disease expectoration and cough increase and a pain appears in the chest between the shoulder blades or on either side. At the onset of the disease pulmonary expectoration may be absent, but with its more serious development the cough becomes troublesome, especially during the night and early in the morning. At first, mucus only is expectorated, but with an involvement of a larger area of tissue, pus and elastic fibers appear in the mucus.

Gradually the white mucus becomes greenish-yellow in hue and this discharge is sometimes streaked with blood.

Breathing is only slightly impaired during the early stages of the disease. But as the disease advances respiration becomes increasingly difficult. Whilst the sufferer remains quiescent, taking little if any exercise, the power of inhalation may be, apparently, nearly normal. But the slightest exertion at once reveals the extent of the lung impariment.

Concurrently with the appearance of chills and a rise in temperature, night sweats begin. With a gradual increase in temperature, especially during the afternoon, more copious expectoration, and occasional hemorrhage from the lungs, the patient's condition becomes more and more hopeless until, when the victim becomes almost a skeleton, the end arrives after protracted suffering varying in length from one to several years or more.

Tuberculosis of the lungs is a wasting disease in the true sense of this word. But the loss of body weight which marks the various stages of the development of the disease, should not be regarded as due to forces at work within the victim bent on destruction; rather should it be ascribed to its proper cause —a clogged and overburdened organism which vainly endeavors to liberate itself from its morbid accumulations.

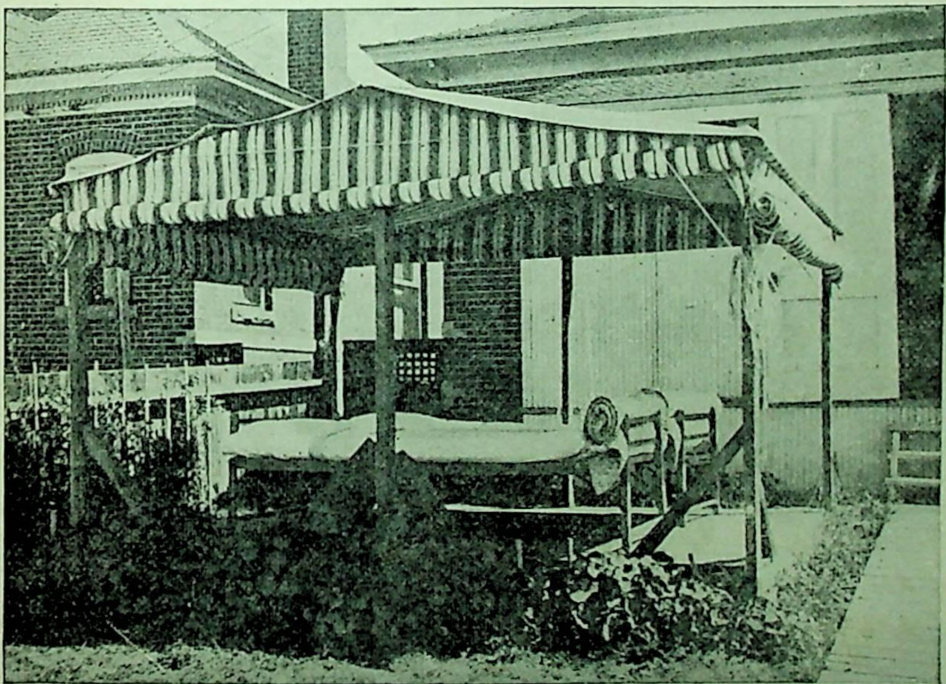
"Galloping" or "Quick" Consumption is exceedingly rapid in its course. It often follows some other acute affection of the lungs. The symptoms are as follows: After a few days of wretchedness there is a severe chill followed by a rapid and high fever. Pain appears in the chest and a cough, at first infrequent and dry, but rapidly becoming worse, accompanied by a white and frothy expectoration.

In a month or more, as the disease progresses, this soon becomes yellow and thick and may at times be blood streaked. In many cases the voice is hoarse; in others it is almost totally lost. The rapidity with which flesh and strength are lost is extremely remarkable. Breathing becomes short and difficult and this difficulty is experienced, even while the sufferer is at rest. The pulse becomes rapid and feeble.

The bowels are in a constipated condition which often changes to debilitating diarrhœa, and exhaustive night sweats soon appear. The fever present has a tendency to increase later in the day. On the prominent point of each cheek a hectic flush appears.

In later stages of the disease, hemorrhage of the lungs appears and after a violent paroxysm of coughing a mouthful of red frothy blood is expectorated. Unless drastic constitutional measures are adopted at an early stage, there is little hope of recovery from this affliction and the patient dies within a few months.

Treatment. Authorities of every kind have finally agreed that the outdoor treatment is the only reliable treatment for the Great White Plague. The same treatment can be made of one who is suffering from weak lungs merely and is desirous of strengthening these important organs. Impure, confined air



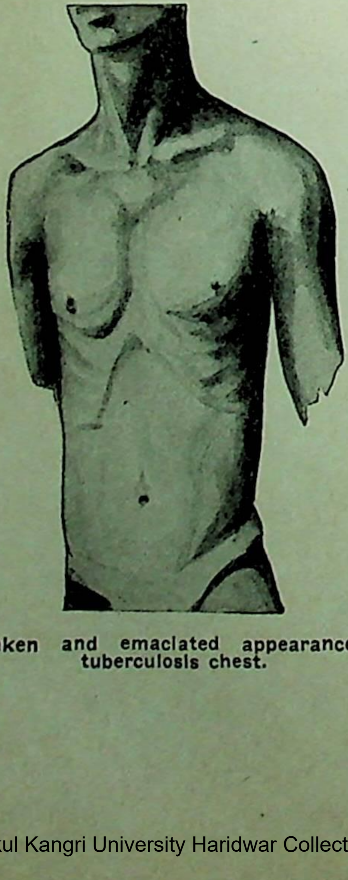
Outdoor sleeping is particularly important in the treatment of consumption. A splendid arrangement for open-air sleeping is here illustrated. Six strong posts have been nailed to the rectangular wooden flooring and braced; one at each corner and one in the middle of each of the longest sides. Over these has been affixed a slightly peaked canvas roofing and canvas shades which can be closed readily in case of inclement weather.

interferes with the functional processes of the lungs. The carbonic acid gas is not properly replaced by oxygen, the great life-giver, which cannot be absorbed in proper quantities.

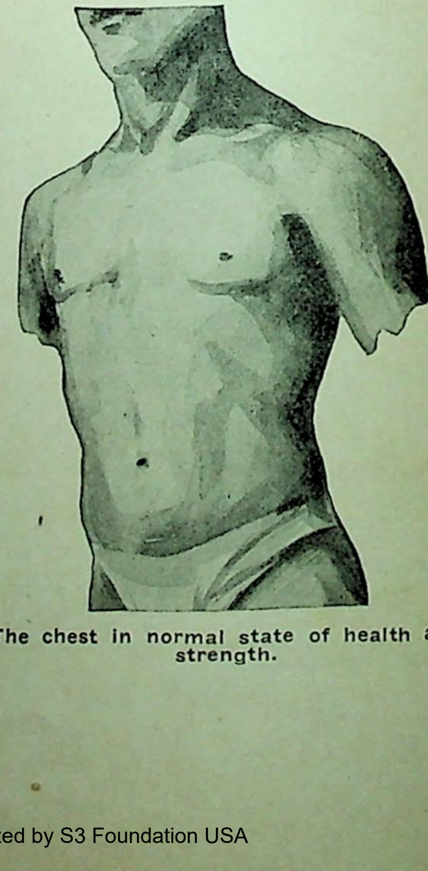
The very first move for one who is desirous of strengthening weak lungs, or who is endeavoring to recover from consumption, is to prepare to live outdoors. Over-heated confined air is injurious at all times, and under all circumstances, no matter how healthy one may be, but it is an actual poison to anyone suffering from this disease. Naturally where one possesses a large amount of vital vigor, there may be no immediate signs of the evil effects of this sort of coddling.

In endeavoring to cultivate the habit of living out-of-doors, you may find it difficult at first to maintain warmth. One will not be benefited when seriously suffering from cold. The body should be kept warm and comfortable, but this does not mean that one should indulge in the coddling habit.

One should slowly but surely inure the body to what might ordinarily be termed exposure. Don't wear any more clothing than is necessary to maintain bodily warmth. Remember that



Sunken and emaciated appearance of tuberculosis chest.



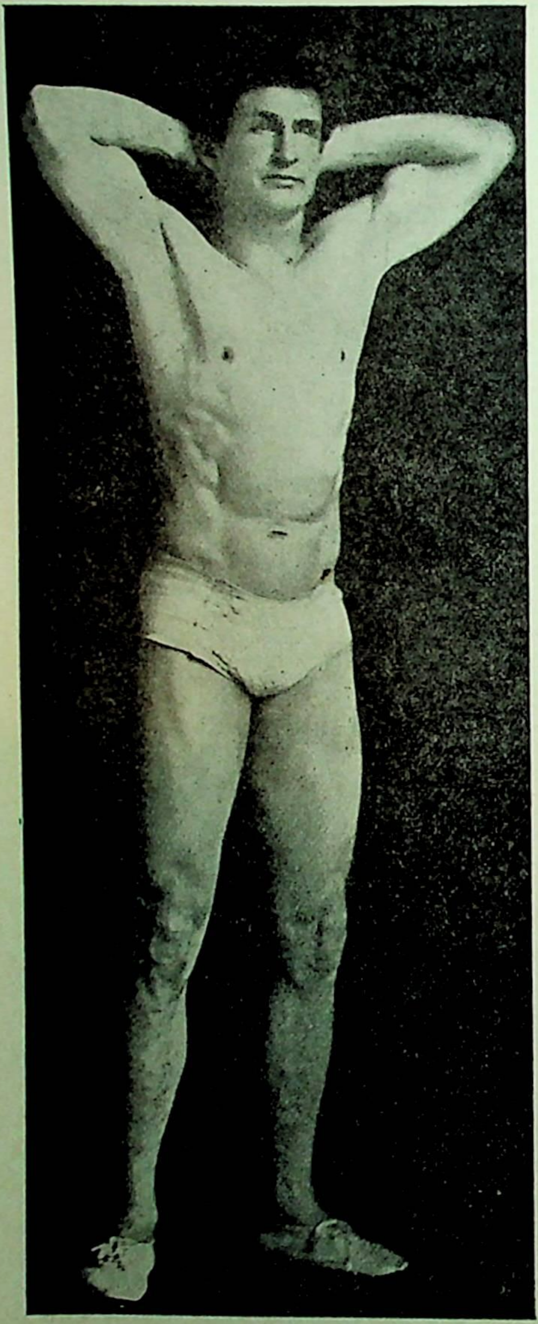
The chest in normal state of health and strength.

the amount of clothes usually considered necessary to maintain warmth is largely a matter of habit. In other words, you can gradually lessen the amount of clothing you are wearing, and in nearly all cases the body will slowly but surely adapt itself to the change—that is, the blood will supply the increased warmth necessary for comfort if you have been wearing superfluous clothes and determine to discard them gradually.

The principal feature of this strength-building process, however, is to breathe outdoor air. If you can sleep outdoors at night and maintain a satisfactory degree of warmth, so much the better. There are various methods you can adopt that will enable you to maintain the body at a comfortable temperature. For instance, if you find it difficult to keep the body warm while sleeping outdoors, you can place a hot water bottle at your feet. If your circulation does not maintain a comfortable degree of bodily warmth, even under these circumstances, you can also place hot water bottles at the hips.

Too much bedcovering will sometimes defeat its real object, because of its excessive weight. As a rule, one double blanket and a comfortable are all that is necessary to maintain bodily warmth in ordinary winter weather, though in extremely cold weather two comfortables might be used, and where the circulation at the extremities is poor an extra covering may be thrown over the feet.

For those who are so placed that they cannot live outdoors, there are various suggestions which will undoubtedly be of very great value. The illustrations in Vol. I, p. 203, 207, and in Vol. V, p. 2957-2958, show methods for ventilating an ordinary room. In this manner you can secure almost as much oxygen as if you were outdoors. I say almost, advisedly, however, for indoor sleeping, no matter how many windows you open, is not the same as sleeping out-of-doors. There is a decided difference in the effects of sleeping in a room, even when it is properly ventilated, from the effects of outdoor sleeping. One sleeping outdoors, nearly always awakes at daylight and is thoroughly awake in a moment, and



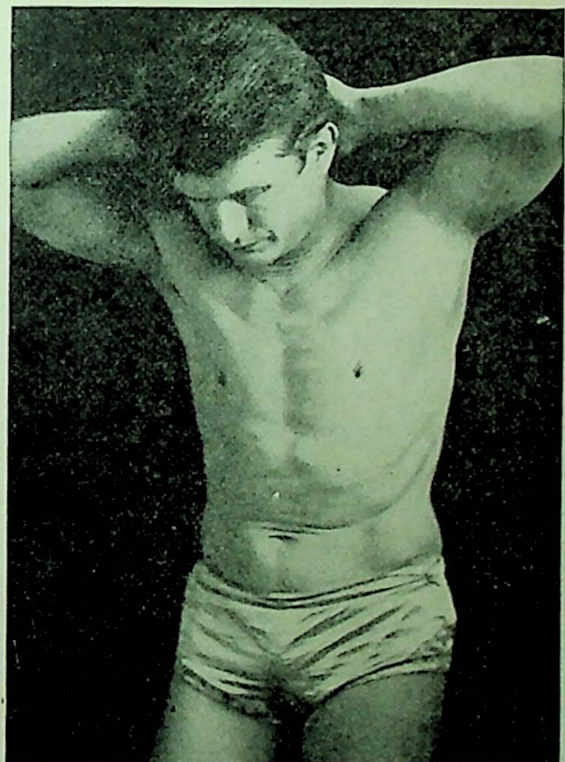
Breathing Exercises for Strengthening the Lungs.

Breath in as deeply as you possibly can. Now, holding this breath a moment, bring the hands behind the head; tense the muscles of the arm, attempting to pull the head forward; at the same time tense the muscles of the neck, legs and abdomen. This tensing process should continue but a moment, after which the muscles should be relaxed, and the breath exhaled. The exercise should be repeated until slightly fatigued.

as a rule he feels rested, not sleepy and tired, which is not at all unusual when sleeping indoors. Under the circumstances I would naturally advise that at least the head be kept outdoors. To accomplish this object almost any small bed can be used. The head of the bed should be placed outside an open window until about a foot and a half beyond the window sill. After retiring the window can be partially closed and this, of course, practically permits the sleeper to be out-of-doors as far as breathing is concerned. An awning or a large umbrella can be used for privacy if one lives in a thickly settled community. There are various contrivances enabling one to secure a full supply of pure outdoor air without lowering the temperature of the bedroom to any great extent. A contrivance of this kind is also valuable in case of rain or snow. These tent-like or awning-like arrangements, so-

called window tents, are simple and easily adjusted. In fact, any means that one can adopt, which will freely supply outdoor air for breathing purposes are very useful. One should never re-breathe air which has once passed through the lungs. Every breath of air should be richly laden with oxygen.

Do not make the mistake of placing the patient in a tightly closed tent, with the idea that this will give him the advantage of the outdoor treatment. Tent life is not necessarily outdoor life. The canvas of the tent is almost as impervious to the air as the ordinary walls of a building. And if the patient is being treated in a tent it is just as important to have large openings in the tent wall as it is to have the windows open in an ordinary room.



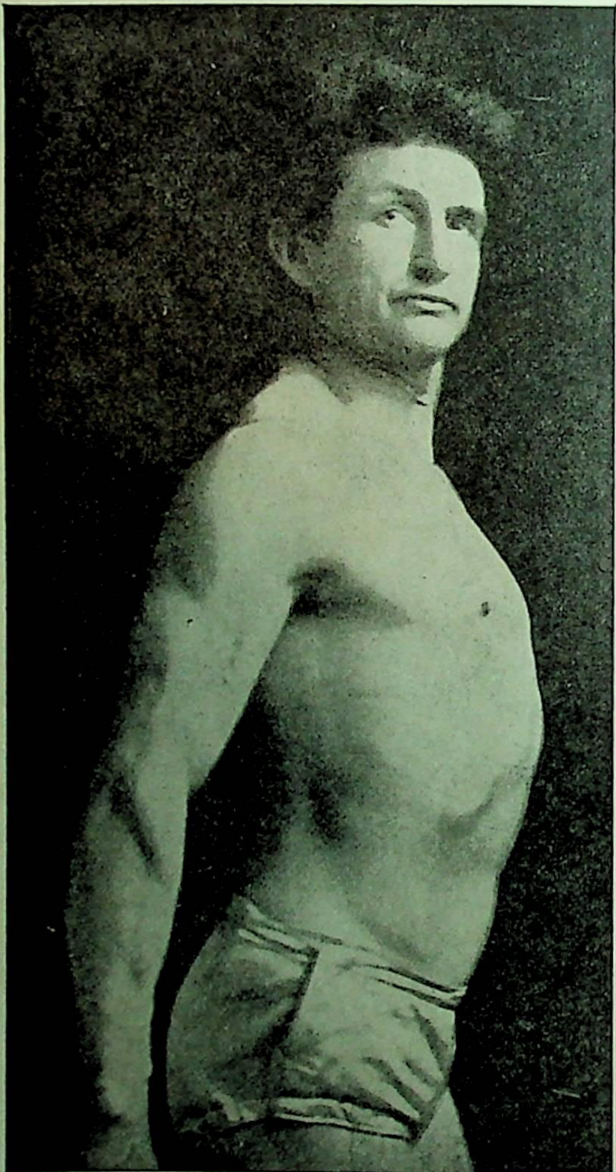
Breathing Exercises for Strengthening the Lungs.

Bring head far forward, hands back of head. Now, while assuming this position draw in a deep inhalation. While holding the breath bring head far backward, resisting the movement slightly with the arms. Relax. Return to former position. Draw in another breath and continue as before.

The value of breathing exercises when taken in the open air can hardly be too strongly emphasized. Many physicians are inclined to question the value of such exercises, as they maintain that the inflamed tissue of the lungs is irritated by vigorous breathing exercises and there is danger of hemorrhage in case of violent breathing. Naturally breathing exercises should not be too much forced in this disease, but they are necessary in moderation. However, when the disease is at its beginning, breathing exercises can be taken with decided benefit for expanding the lungs,

If there is a distinct feeling of discomfort or actual pain then the lungs should be expanded only to the extent that is possible without pain. As a rule, if these exercises are continued with moderation day after day, the painful symptoms will slowly but surely disappear.

It is difficult for one to secure too much oxygen at any time, and when suffering from a disease of this character the more oxygen one is able to secure, the better.



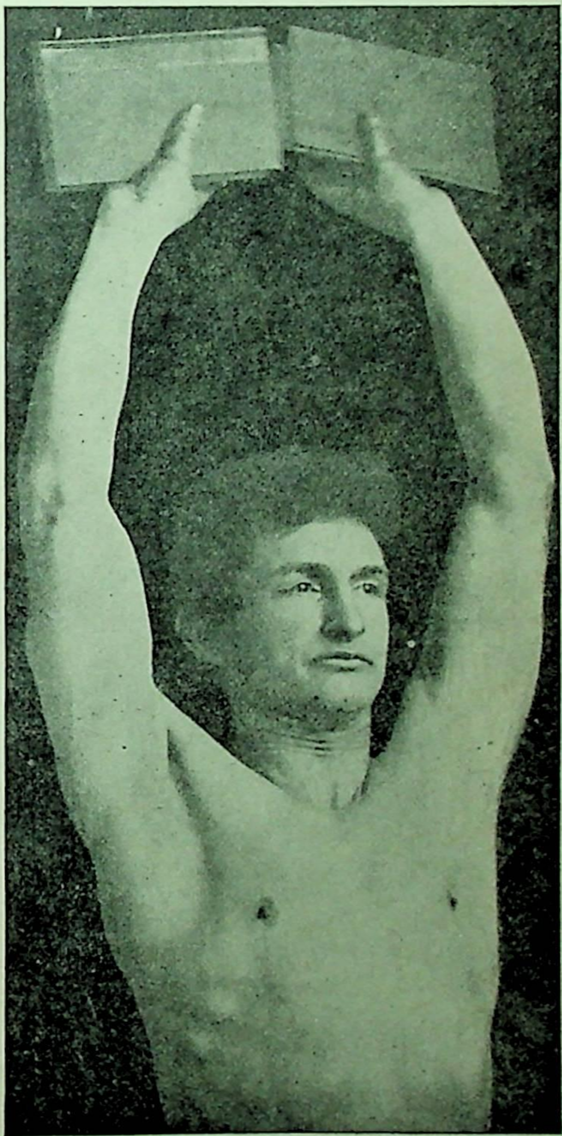
Exercise for Strengthening the Lungs.
Take a deep inhalation with the abdomen drawn in and the air forced into the upper chest region. This offers a change from ordinary exercises for the purpose of securing chest expansion.

After being assured of a plentiful supply of fresh air, the next important step in the treatment is the correct dietetic regimen. If one is desirous of making rapid progress on the road to recovery then a diet of animal food must be adhered to absolutely. My experience has convinced me that a non-animal diet must be watched very carefully for signs that would indicate possible baneful results.

Unquestionably the very best diet in acute consumption is furnished by fresh cows' milk. The milk, however, must be of good quality, and it must conform to the requirements that are clearly outlined in my discussion of the exclusive milk diet (Vol. III, p. 1730-1753).

The milk diet should naturally be preceded by a short fast, even if for only one day.

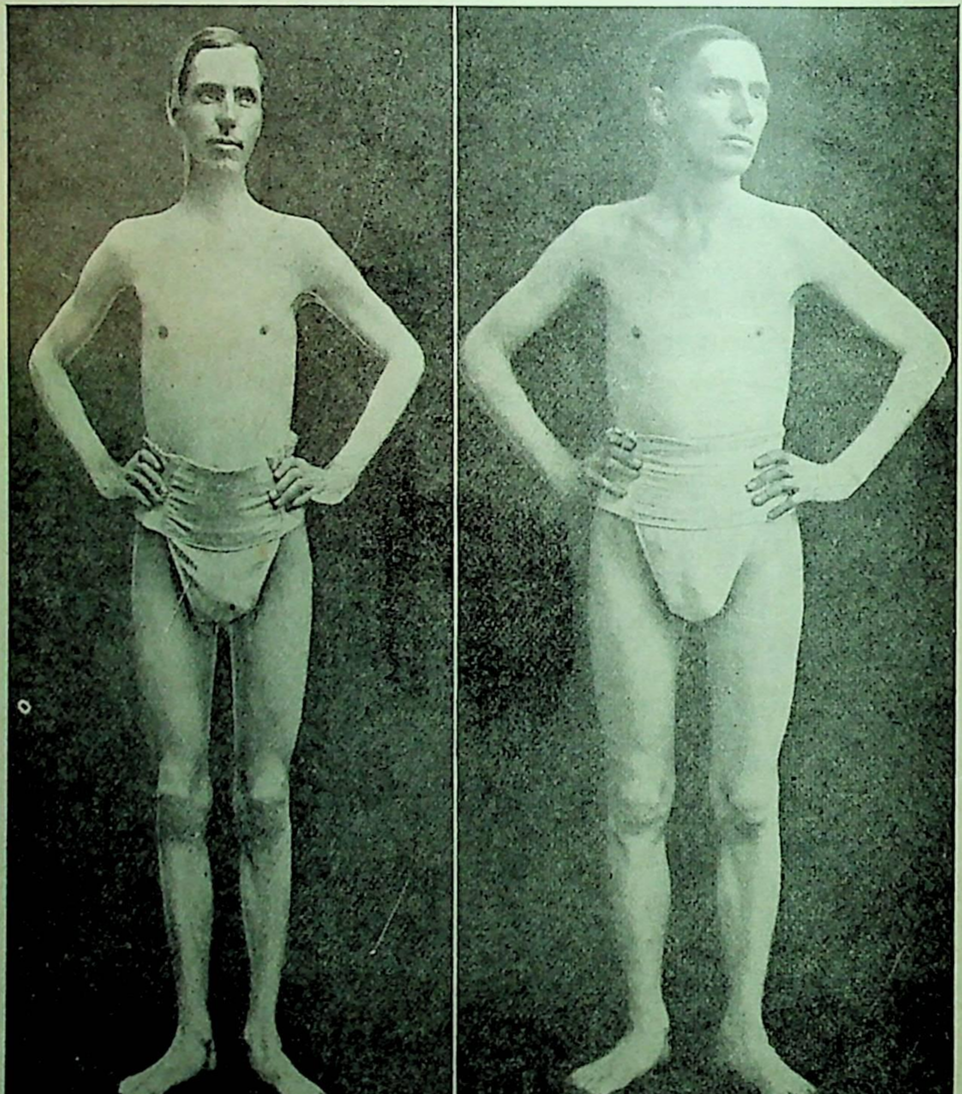
In the treatment of chronic consumption, the fast can in some instances be continued a little longer than in the acute phase of this disease, or quick consumption. As a rule, however, it is not advisable to fast for more than three or four days in the treatment of any tubercular ailments. I have read of some cases that have been cured by longer fasting, but in many instances it seems to be dangerous, as the loss of weight should be avoided as much as possible in this disease. Therefore the fasting process should be continued only a sufficient length of time to cleanse thoroughly the alimentary canal; so far as possible any wasting of the tissues should be avoided.



Exercise for Strengthening the Lungs.
Take a deep inhalation with arms hanging at sides, and with books or some light weights held in the hands. While holding the breath, raise the arms forward and upward high over head with elbows straight. Return to former position and exhale the breath. Repeat the exercise, continuing until tired.

I would suggest the

following general regimen for treating chronic consumption of the lungs: Fasting Regimen No. 2, two to four days, followed immediately with Milk Diet No. 33, though as a change from this milk diet Milk and Fruit Diet No. 46 should be followed for a day occasionally. If Diet No. 46 should be especially appetizing it might be continued in preference to Milk Diet No. 33, though if the sumik is craved between meals, some could be taken between break-



Photograph of Andrew Axelson on the left shows the general vital depletion, the attenuated body, the sunken appearance of the face resulting from the ravages of four years' consumption. The photograph on the right shows the improvement effected by a short course of treatment.

fast and luncheon, between luncheon and dinner and at retiring at night.

As a general thing the regular exclusive milk diet offers the most satisfactory regimen. If one is so hampered by his occupation that he cannot follow this, then Milk Diet No. 36 may be used.

Milk Diet No. 33, however, or sometimes No. 32 will bring quicker and more effective results in the treatment of this disease, provided it agrees with the patient. In case it does not agree then the hot water and the meat diet should be adopted immediately. If the milk produces symptoms of diarrhœa, and these symptoms seem to be aggravated as the quantity is increased and continued for from three to seven days, this will usually indicate that the diet will not be satisfactory, and Meat Diet No. 103 or 107 should be used instead, though after following the meat diet from one to three weeks the milk diet can usually be taken thereafter with a great deal of benefit. Then, too, meat sometimes causes constipation and under such circumstances the meat diet could be used one day and the milk diet one day, or milk could be used until twelve or one o'clock and a dinner of meat taken in the evening or, in short, Combination Milk Diet No. 52 or No. 53.

In nearly all cases the diarrhœa which is associated with the last stages of this disease, can be quickly remedied by the meat and hot water diet. One must remember that in the treatment of this disease, as already said, an animal diet seems to be necessary in nearly every instance. This animal diet may be milk, or milk and eggs, and if neither of these foods seem to agree with the patient then you should turn to the meat diet. The very best meat that can be found for the purpose is that described in detail in the discussion of the exclusive meat diet, Vol. III, p. 1768-1789. This should be read carefully.

A diet of milk and eggs has been found to be of very great value by many, and in a few cases fruit has been added to this diet with benefit. Milk and eggs alone are inclined to induce biliousness in many instances. The addition of the acid fruits,

such as apples, oranges, pears, peaches, etc., is inclined to alleviate symptoms of this nature and to assist the digestion.

Eggs can be combined with milk, with the aid of an egg-beater and made into fairly palatable eggnogg, if the mixture is strained and any solid particles of egg removed which have remained undiluted. If necessary, the eggs can sometimes be made more appetizing by the addition of fruit-juices. Grape-juice or apple-juice will be satisfactory for this purpose. The eggs can simply be broken into the fruit-juices and stirred well with an eggbeater, or agitated very thoroughly in an ordinary lemonade shaker. There are many who like to add sugar to this combination, but this is a bad plan in some cases, as it is inclined to sicken one of the combination and very often makes it difficult to make this food a regular article of diet.

The daily vitality-building regimen to be followed in detail in this case, will naturally depend largely upon the strength of the patient. Mild exercise will be of value in all cases, though when the exercise is continued for too long a period or is so violent as to possibly irritate or tear the inflamed lung tissues, naturally it cannot be recommended. In some cases, excess in exercise will cause hemorrhage. As a rule, however, a distinct feeling of pain or discomfort will be associated with any exercise that is too severe for the strength of the patient.

Walking is an especially valuable exercise in the treatment of this disease, but various exercises that bring into active use the muscles surrounding the chest are also of special value. The strengthening of these muscles seems to add materially to the vigor of the functional organism. Our plan is radically opposed to the do-nothing theory which is so strongly advised by many medical men in the treatment of this disease.

Some time during each day walk a moderate distance, or at least until slight fatigue is noticed. On the milk diet this should be in the morning, before beginning the drinking of milk.

In the treatment of consumption it is exceedingly desirable that the activity of the skin be greatly accelerated.

For this purpose I would especially advise a daily dry friction bath. It might be a good plan to select some exercises, adapted to the strength of the patient, from Physcultopathic Treatments J, K, L and M, and take these exercises upon arising, following with the dry friction bath.

If the milk diet is used, the neutral bath could be taken daily with advantage.

If the meat diet is employed, then an ordinary cold bath, following the dry friction, would be sufficient.

The chest pack at night when retiring would be of advantage, when there seems to be unpleasant inflammation or excessive coughing at night. The use of water flavored with lemon-juice or with honey would be a valuable means of alleviating many unpleasant features of the dry hacking cough common in this disease. Be careful, however, not to take too much honey if on the milk diet, as this might be inclined to cause indigestion.

A most vital and important factor in the progress of a consumptive patient is strict sexual continence. Many consumptives seem to be unusually abnormal in this respect, and without doubt, in a great number of cases. It must be remembered that the disease is aggravated by excesses and abuses of the procreative function. To continue such unwholesome and debilitating indulgence, even when struggling with this dreaded disease, is nothing short of madness; it must inevitably bring on a condition of such extreme vital exhaustion that no form of treatment can avail to stay the insistent ravages of the malady; the tide of battle turns against the sufferer and his life ultimately pays the penalty. The consumptive should sleep alone, out-of-doors, and should banish from his mind all thought of sex.

Hemorrhage from the lungs in the course of this disease is not as serious in its immediate danger to life as is popularly supposed. It indicates the serious condition of the patient, however, and should be a warning to follow treatment closely thereafter. If there is much loss of blood, it is naturally very weakening. The patient should fast absolutely for one or

two days thereafter, and absolute rest in bed is imperative. Cold compresses, frequently renewed, should be applied to the chest as the patient lies on his back, head of the bed slightly raised. Ice bags may be used, with two or three thicknesses of wet towel underneath, in a severe case of hemorrhage.

In the latter stages of the disease, some care must be used in placing the patient suddenly upon the milk diet, for in the delicate condition of the lungs at that time, the increased blood pressure due to the large consumption of milk will make hemorrhage an imminent danger. Therefore, the quantity of milk under such circumstances should be increased very gradually, and it is important that the patient be very careful in the matter of exercise or very deep breathing, lest he rupture the lung tissues. However, the milk diet offers the only hope in this condition, aside from the meat diet, and one should not hesitate to adopt it through any fear of hemorrhage. These may be avoided with due care, as suggested.

In the acute phase of the disease, or galloping consumption, I would prescribe the following treatment: Fasting Regimen No. 2 for one to three days, according to the ability of the patient to withstand the weakening influence of the fast. This to be followed by Milk Diet No. 33. A cold chest pack should be given sometime during the morning of each day, and should remain until dry or from one to two hours. If the patient is inclined to be chilly, with extremities cold, this pack should be hot. Sometime during the latter part of the afternoon or evening a neutral bath, lasting from one-half to three-quarters of an hour, should be taken. This bath should be about the temperature of the body (98 degrees F.), though before leaving it the water can be warmed considerably with a view of adding to the comfort of the patient.

If the patient is strong enough to recuperate readily, Physcultopathic Treatment F could be given, instead of the chest pack. And should there be a material rise in the temperature in the afternoon, with considerable fever, as is frequently the case, the chest pack could be given at this time.

In many instances where there is trouble with the milk diet

in this disease, as for instance, symptoms of diarrhœa, a change to the hot water and meat diet (No. 103 or 107) for two or three weeks, will so improve the strength of the digestive organism that without doubt milk can be digested satisfactorily thereafter. One should note, however, that if the meat diet is used, the neutral bath should not be taken.

If the patient is not so weak as to be confined to the bed, he should be encouraged to walk around and to take very mild exercises of various kinds, though any exercise that is violent in nature should be avoided. Walking until slightly fatigued each day, for instance, would be of advantage. Beyond these suggestions, the general regimen should be very similar to that outlined above for treatment of the chronic phase of this disease.

Remember that sun and air baths are of great value in acute and chronic consumption.

Contagious Diseases.—See Vol. II, pp. 1100-1104; 1124-1125.

Contusions.—See Volume III, page 1660.

Convalescence.—See Vol. III, p. 1703, also Vitality-Building Regimens, Vol. III, pp. 1791-97.

Convulsions.—*Symptoms.* Spasms of the body, either local or general in character, which may be accompanied by loss of consciousness. The appearance of a convulsive seizure is always indicative of a profound disorder of the brain and for this reason is to be regarded as a symptom of serious gravity. (For *Infantile Convulsions,* see *Eclampsia.*)

Convulsions may attend any disorder of the nerves or brain as the complaint in question progressively develops. They also occur in cases of high fever. (See *Epilepsy, Eclampsia, Delirium Tremens, Uremia,* etc., also Vol. III, pages 1161-62, 1164.) Until the underlying cause which is provocative of the phenomenon of a convulsive seizure is ascertained, the following treatment is to be recommended.

Treatment. The very first effort that should be made when one suffers an attack of this character, is to see that the patient gets air as pure as obtainable. If he cannot actually be outdoors, he should have air equally as pure.

Place patient in a draught if possible. Loosen all clothing about chest and neck that would in the slightest way interfere with breathing, then dash cold water over the face and neck. As a rule this will bring about a return to consciousness. In case it should not, cold water should be applied on three or four occasions; that is, dashed over face and head. Should this not bring consciousness and the patient seems to be fairly comfortable, it would be advisable to apply a hot pack to the spine as soon as it can possibly be prepared. Should the patient apparently be very uncomfortable, indicated by contortions of the body, then in some cases it might be advisable to place a small quantity of dry salt on the back of the tongue, about one-quarter or one-eighth of a teaspoonful.

In many cases of attacks of this kind it is impossible to expect the patient to return to consciousness immediately. The application of cold water upon the face and head, and of heat in the way of a hot pack to the spine, is about the most effective treatment in the way of bringing about a quick return to consciousness. It is usually well to keep the head up.

A more radical and vigorous treatment, for serious cases, will be found in the complete hot blanket pack, the full hot bath, immersing the entire body except the head in a tub of water at 110 degrees to 115 degrees Fahr., for ten to twenty minutes, and afterward wrapping up well with blankets to keep warm. Cold packs may simultaneously be applied to the head. This treatment is especially recommended in *uremic convulsions,* which are the result of a toxemia due to the retention in the blood of the excrementitious matter normally excreted by the kidneys. (See *Uremia.*) In such a case, extreme activity in elimination is imperative, the hot blanket pack and the hot bath being the most satisfactory and strenuous measures for the purpose. A full hot enema (115 degrees Fahr.) will also be of great aid in stimulating the action of the kidneys. If the patient has experienced a lessening of the discharge of urine, this treatment is to be recommended, though where the trouble is apparently not the result of any disorder of the kidneys, and where there is reason to believe that it is

of nervous origin or the result of some affection of the brain, the first treatment suggested, hot packs to the spine, with cold water to the face and head, is the very best. In the *period of childbearing,* the development of eclampsia is due to insufficient action of the kidneys, and convulsions under such circumstances are best treated by hot blanket packs or full hot baths. Eclampsia in childbirth may be absolutely prevented under such circumstances by the practice of hot baths, 105 degrees Fahr., either daily or three times a week, for some time before childbirth.

The reader will naturally understand that when one is having convulsive attacks there is some physical or functional defect; the vital condition cannot possibly be normal in every way. Therefore, in addition to treating the symptoms that appear in an acute attack, one should adopt those methods which are essential in the building up of increased vitality. This could be accomplished by a short fast of from two to five days, followed by Breaking-Fast Regimen No. 16. If absolutely sure that the convulsions are in no way allied to epilepsy, then it would be far more to the advantage of the patient to follow the milk diet as advised in Breaking-Fast Regimen No. 16; if, however, there is any danger of epilepsy, the milk diet had better be avoided, though the general regimen suggested therein may be followed.

Select a vitality-building regimen suited to the strength of the patient, to be followed day after day in accordance with instructions. Without question you will find that the attacks will gradually lessen in number and severity, finally disappearing altogether, though this result may require months, and in some cases even years, when the vitality has been too much depleted. Convulsions might be regarded as the result of disorders of the nervous system, and yet I am firmly convinced that their purpose is beneficent in nature. The body is at all times working for its own good. When conditions develop wherein the nervous system requires such mighty efforts as are induced by convulsions, then you can rest assured that there is some interference or clogging of the vital functions

that require these extraordinary efforts in order to loosen the obstruction or remedy the difficulty, whatever it may be. When, as in uremic convulsions, the nervous disturbance is due to accumulated poisons, rapid and powerful means of elimination are necessary, such as the hot blanket pack or full hot bath.

Corns and Bunions.—(Clavus.) Excrescences or callosities generally appearing upon the extremities of the feet, usually upon the smaller toes. When the mucous follicles or glands over the ball of the big toe thicken, this leads to the appearance of an excrescence of an inflammatory nature, and this is termed a bunion. If neglected an abscess may form.

Though the usual cause of all such excrescences is the chafing and restriction imposed by the wearing of shoes yet when corns, bunions, or any other callosity becomes markedly painful, the disease is due as much to constitutional as to local causes.

Treatment. These unpleasant growths can be remedied in nearly every instance by simply removing the cause, that is by avoiding altogether any shoe or footwear that will in any way irritate the corn or bunion. If your occupation is such that you cannot make a radical change in your footwear, then you must adopt some means of protecting the affected parts from the shoe.

There are a number of varieties of corn protectors which you can buy in almost any drug store, which, if applied to the skin around the part will afford splendid protection, and in many cases materially assist in the cure. Often it is better to make one at home, using a piece of thick felt, cutting a hole in it the size of the corn, so that the latter may be completely relieved from all pressure. In short, this will be not unlike an ordinary "washer," and may be kept in place by means of adhesive plaster in some cases.

At night, when retiring, if a wet cloth is wrapped around the foot, and a dry one over it, being careful to see that the wet surface comes in close contact with the affected part, one will

often be rewarded by a material reduction of the inflammation, which is the most unpleasant part of such growths.

A chiropodist can nearly always materially assist in the removal of growths of this kind, provided he is an expert. Were it not for the necessity of wearing shoes, however, such growths would never appear, and if you can have the freedom that comes with wearing sandals, or avoiding footwear altogether, they will soon disappear.

Salicylic acid, or better, liquified sulphur will soften and later dissolve corns, warts, etc. Bathing the feet frequently with a solution of salt and vinegar, or of cold salt water, especially before or after a walk, also rubbing them thoroughly, will help to harden and improve the tissues.

CORPULENCE.—See *Obesity.*

CORYZA.—See *Cold.*

COUGH.—A cough is a danger signal which, if properly heeded, would save mankind from the majority of his fatal lung affections. Coughs are, when persistent, never purely local in character. Their cause is constitutional, and therefore they should be constitutionally treated. (See also *Cold.*)

Treatment. In treating coughs one must ascertain the cause of the cough. There are various kinds of coughs. When one has a cough without a catarrhal discharge of any kind, it should really be termed a symptom that accompanies some other disease.

When a cough is present and it assists in eliminating from the bronchial tubes, lungs or pharynx, a mucous discharge, it performs a beneficent purpose, and it is needless to try to remedy it. But a dry cough which apparently never accomplishes anything should be overcome as a waste of energy and an irritation of the throat. When a cough is simply induced by an irritation, and there is no discharge resulting from it, it is frequently caused by a defective condition of the nerves. Many persons acquire the habit of coughing when the slightest irritation occurs in the throat. This continues the slight inflammation and the cough usually becomes chronic. When one is suffering from a cough of this nature no amount of treat-

ment can be expected to accomplish anything of value unless one will make some effort to eliminate the difficulty through the will power. In other words he must avoid as much as possible the habit of coughing upon the slightest inclination. Remember the more you cough the more you increase the irritation or inflammation. Honey is one of the best means of relieving a cough of this kind.

There are sometimes coughs which do raise a large amount of phlegm, but which require an unusual amount of coughing in order to bring up this unpleasant substance. In nearly all cases this is not especially necessary. If one will follow the proper treatment in the way of fresh air, diet and exercise, the coughing will be reduced to a minimum; in other words the coughing will not be occasioned until the phlegm is ready to come up, and the slighest cough will bring it up when it can be easily and quickly discharged.

There are various local applications which are inclined to relieve a cough; there are also various remedies that are to a certain extent beneficial. But these methods are simply temporary in character, and though they may bring immediate relief, they do not by any means reach the real seat of the disorder. For when one is suffering from a disease of this nature the cause is constitutional. It is in the blood, and what one needs under such circumstances is more strength, more vital energy, and it is necessary therefore to adopt various methods of strengthening the entire body in order to accomplish a definite and permanent cure.

As a temporary relief from coughing the best cough syrup that one can possibly use is pure strained honey. If one will drink water sweetened with honey when suffering from a cough, it will in many instances materially help to bring relief. One could drink honey tea with his meals: that is, hot water sweetened with honey and flavored with milk if so desired. Between meals simply drink cold water that has been made pleasing to the taste by the addition of honey.

Cold cloths, or cold packs for the neck, will in many instances bring almost immediate relief. In some instances if

this pack includes the chest as well as the neck, relief will come all the sooner.

You should remember, however, that all these methods are simply for the purpose of bringing momentary relief, and they will have little or no constitutional influence. You must begin a vitality-building regimen if you expect to definitely and permanently cure this annoying complaint.

If you are treating an ordinary cough that is not associated with consumption, asthma, or other diseases, I would advise a fast of from two to three days, drinking water freely. If the cough has been definitely diagnosed as one of the symptoms of consumption, asthma, bronchitis or some other disease which is dealt with in other parts of this volume, then, of course, you should simply follow the suggestions for the treatment of that ailment.

But if you are simply treating an ordinary cough, then the fast as suggested can be taken, and should be followed by Breaking-Fast Regimen No. 16. If it is possible to take the milk diet as suggested, so much the better. If this is inconvenient, then I would suggest Milk and Fruit Diet No. 42 for two days, and Milk Diet No. 43 until the cough has disappeared.

Select a vitality-building regimen suitable to the strength of the patient and see that it is followed out each day persistently and carefully. This is absolutely essential in the cure of this ailment, for increased strength is one of the principal requirements. Long walks, deep breathing exercises, and especially all the movements for adding to the strength of the chest, will be of especial value. Additional spinal vigor is also important, and the stimulation of the spine with the various exercises illustrated, can be especially recommended, as the close proximity of the throat to the spine naturally causes the functional activity of the former to be materially accelerated when the spine is stimulated. Physcultopathic Treatments A, B, D and H are especially suggested, since they affect the cervical region, the spinal nerves of which govern the throat and chest.

The free drinking of water is especially important when one is suffering from a cough. Very frequently constipation is one of the prominent causes of the disorder, and the very free drinking of water is inclined to assist materially in the activity of the bowels. Enemas may be used if necessary. When it is apparently difficult for the patient to drink much water, then by simply sweetening the water with honey as previously suggested, it will usually be found to be quite palatable, and it can be taken more freely in this manner. A short fast will relieve almost any cough in a few days.

CRAMP.—A spasmodic, involuntary contraction of the muscles, characterized by continuous tension and rigidity and attended by sharp pain. It more commonly affects the muscles of the calf, and is most prone to occur in those of nervous tendencies. Musicians sometimes suffer from it, owing to the exceptional strain placed upon certain muscles and nerves, as in violin or piano playing. Telegraphers, milkers, and others who overuse certain muscles, sometimes experience it in the hand and fingers.

See also *Occupation Neurosis*.

Writer's Cramp. A peculiar difficulty in the use of the muscles of the hand and arm due to spasmodic contractions, fatigue and weakness of the member, and sometimes to a tremulous condition of the same.

Treatment. In case of a sudden cramp of the calf or other part, the quickest relief is to be found in immersion of the member in hot water, or the application of hot wet flannels (fomentations) if immersion is inconvenient. In a stubborn case, this should be supplemented by hot applications to the spine. Nervous excitement only makes matters worse.

A cramp in the leg when swimming has often caused drowning, but chiefly because of the mental panic into which the swimmer is thrown. Since the disorder is largely of nervous origin, self-possession and calmness are absolutely necessary, and one should remember that he can swim a little even if one leg is cramped, or at least he can float. With self-possession, one who knows how to swim can do much with even

one free arm. If one will remain calm under such circumstances, he may depend upon it that the cramp will pass away shortly, but if excited, there is much less chance of relaxation.

One who is subject to cramps should realize that his nervous system needs building up, and he should lose no time in adopting a vitality-building regimen suited to his strength and general condition. This is particularly true of those suffering from writer's cramp, or other chronic difficulties of a similar nature. Among musicians, telegraphers, mechanics and others who continuously strain the affected members, it may sometimes be necessary to give up their occupations for a time and rest the muscles, though in most cases which are not extremely severe this will not be necessary. The most effective treatment will be found in Mechanical Physcultopathy. (See Vol. III, p. 1513-1600.) All possible movements of this kind, affecting the ligaments, muscles, nerves and tissues of the parts concerned, should be employed persistently once or twice each day. Alternate hot and cold wet applications just before retiring will be of great advantage, finally applying a cold pack, covered by a heavy dry towel, to remain during the night. Special measures for invigorating the nervous system through the spine, however, will have a direct influence in overcoming the disorder, and I would recommend Physcultopathic Treatment D for this purpose, or even the more vigorous treatments which follow. If the digestion is poor, or if the patient is below weight, I would suggest Fasting Regimen No. 2, with Breaking-Fast Regimen No. 16.

Cretinism.—See *Diseases of the Thyroid Gland;* also *Imbecility;* under *Insanity.*

Crisis.—The turning point in a fever or other disease, marking a change for better or worse. See general suggestions under *Complications.*

Croup.—Croup is a diphtheritic affection of the larynx. For the symptoms of this disease, (commonly called membraneous croup), also croupous laryngitis, see *Diphtheria* (Spasmodic Laryngitis.)

Spasmodic Croup or spasm of the glottis is the most important of several varieties of simple spasm that appear in various parts of the body. This disease occurs especially in the case of young children. It can be distinguished from the real croup by the fact that it comes on suddenly, without fever, or a quickening of the pulse. The attack occurs chiefly during the night. The child is suddenly awakened by a paroxysm of suffocation and a dry, harsh ringing cough. The breathing is hard and strident; and the contracted spasm of the muscles of the glottis or windpipe cause the production of the crowing or croupy cough.

Treatment. In the treatment of croup first of all place the patient where a free supply of fresh air can be secured. Do not make the idiotic and deadly mistake of being afraid of draughts. If you can place your patient directly in a draught, so much the better for him, though naturally he should be kept warm. After being absolutely sure of a free supply of fresh air, then you are ready to search for other means of relief. If there is serious swelling of the throat, to such an extent as to interfere with swallowing, then dissolve a level teaspoonful of salt in a glass of hot water, and induce the patient to drink as much of this hot water as he possibly can. It will usually help if vomiting is induced. If the attack is so severe as to shut off breathing, lift the arms, slap sharply the chest and buttocks, dash a little cold water on the face and chest, put feet and hands quickly in hot water, apply cold compress to the throat. If the patient is feverish use cold packs on the neck and chest; be sure to put these packs on cold, and to place them all around the body, and not simply on the chest and front part of the neck. If not feverish, and especially if the patient complains of being chilly, these packs should be hot instead of cold renewed every five minutes for an hour, after which use cold packs every half hour. Complete immersion in a full hot bath will bring quick relief in case of an unusually severe spasm. If there are definite signs of constipation then an enema should be given for the purpose of cleansing the lower colon. Indeed, this will usually help even if there is no

PLATE C—Disorders of Circulation



Facial appearance caused by cyanosis and disturbances of the circulation.



Characteristic appearance resulting from anemic conditions, such as green sickness (chlorosis) and similar diseases in young women.

constipation. You must remember that this is the great sewer of the body and it must be cleansed in order to give the organs of excretion the best opportunity to discharge certain poisons which seek this means of outlet.

Do not give food under any circumstances while the acute symptoms of the croup continue. The patient should be encouraged to drink water very freely, though after the first glassful of salt and water no more salt should be given, unless the patient likes the flavor of it. As a rule, however, honey and water will be palatable, and the child should be encouraged to drink large quantities of it; it could be taken hot or cold as might be desired.

If the croup continues more than one day, a hot spinal pack sometime during the day would be of material help. Also, some spinal stimulation such as is prescribed in Physcultopathic Treatments A and B. Bear in mind the fact that the appearance of croup indicates a lowered condition of the vital system, and efforts must be made materially to improve the condition of the general health of the patient after recovery from the croup has been accomplished. For this purpose select a vitality-building regimen adapted to the strength of the patient. Encourage outdoor exercises of all kinds, though fasting is not especially necessary provided the patient is furnished with wholesome foods, and thorough mastication is insisted upon. The less food eaten the better, in all cases, and a fast of a few days would materially hasten the process of cure. The patient should be encouraged to drink all the cold water he can—of course not ice water.

Curvature of the Spine.—See *Spinal Curvature.*

Cuts.—See Volume III, page 1683.

Cyanosis.—Blueness of the skin resulting from the non-oxidization of the blood, which may be due to local obstruction of the circulation or to a disturbance of the general circulation. It is characteristic of suffocation (see *Asphyxia*) and is also observed in various diseases of the heart and lungs in which the circulation is impeded or in which the blood is not properly oxygenated in the lungs. It is sometimes due to the mixture

of venous blood with the arterial blood, as when there is malformation of the heart chambers. Such malformation is always congenital.

Treatment. When there is some radical mechanical difficulty in the formation of the auricles and ventricles of the heart improvement may sometimes be accomplished by constitutional treatment for building vitality and bettering the general health; perfect nutrition is particularly important for giving the parts an opportunity to mend. When cyanosis is local, it may be due to some obstruction. External constriction, as from tight clothing, bands, etc., should be removed. Immediate results can usually be secured in localized cyanosis by alternate immersion of the affected member in hot and cold water, or by hot and cold wet sheet packs.

When associated with a disease of the lungs or of the heart, the special treatment given elsewhere for the diseases of these organs should be followed.

CYST.—A cyst is a small tumor, consisting of a cavity or capsule containing fluid or other material. There are various forms of cyst depending upon their location and origin, but the sebaceous cyst, popularly known also as a *wen,* is the most common. It occurs most frequently upon the scalp, though also upon the face, shoulders and back, moving with the skin. A sebaceous cyst is filled with fat or oil, and is probably formed in most cases by the dilation of a hair follicle.

Treatment. A cyst is a comparatively unimportant and harmless growth, and one need not fear any material inconvenience if nothing is done with them. Their removal by surgical means is usually advised, but in most cases is not necessary. They are often absorbed in the ordinary course of events, but such absorption can nearly always be brought about or hastened by constitutional treatment. A fast of several days is suggested, since the system under such circumstances will take advantage of, and consume all available stored up matter suitable for nourishment. A cyst should not be bruised, but mild rubbing, together with hot and cold applications for

stimulating local circulation, will undoubtedly help in the absorption. Aside from this a general vitality-building regimen will naturally be of advantage and the same plan of treatment may be followed for cysts of any other kind.

CYSTITIS.—See *Bladder, Diseases of.*

DANCING MANIA.—(*Coromania.*) A rare nervous disorder characterized by dancing or other movements of a rhythmic nature. Constitutional treatment is the same as for Neurasthenia or in extreme cases, the same as for St. Vitus's Dance.

DANDRUFF.—(*Seborrhea Sicca.*) A scurf of series of fine scales produced by too dry a condition of the scalp. This excessive dryness leads to a cracking and breaking up of the skin into fine particles.

Dandruff is not by any means in all cases a sign of disease. Very frequently it is the falling off of the outward particles of the skin, which if not frequently removed from the scalp by brushing or in other ways, becomes packed into scales and finally falls from the head in this form. However, dandruff in some instances is associated with constitutional diseases, and undoubtedly in some cases may be due to the want of oil in the skin. Nevertheless one should remember that it is usually brought about through want of cleanliness of the scalp. For instance, one can take any part of the body and brush it thoroughly and he will notice that a fine powder will fall from the skin. This is simply the minute outer particles of the scarf skin that are continually falling off. The same process continues with the scalp as with other parts of the body, but the hair, protecting these minute particles, naturally retains them a great deal longer. Therefore, at least a small quantity of dandruff will nearly always be present, though it should be in fine particles, almost identical to the form in which it should appear when brushed from other parts of the body. If the scalp is kept thoroughly clean, however, these particles will be so fine that you could hardly much more than see them.

Treatment. To cure dandruff one should wash the scalp at least twice a week with hot water and some good grade of soap.

Soap made of vegetable oil and containing a small amount of alkali is usually the best. Imported castile soap or liquid green soap can be recommended. Soap bark can be used, or raw egg is preferred by some, and is fairly satisfactory. For those having very dry skin, the raw egg is undoubtedly best. If one will dry the hair in the sun after this washing, he will gain materially thereby.

In addition to washing the scalp twice a week, as suggested, the scalp should be brushed thoroughly at least once every day, and the hair should be pulled slightly all over the scalp following the brushing treatment. Massage of the scalp is also of value, but medicated treatments are of no use.

If there is any constitutional defect, naturally it must be remedied by following the general instructions for this purpose found elsewhere in these volumes. Especially if the general health is impaired, one should adopt a general vitality-building regimen. (See Vol. III, p. 1791-1797.)

Two great causes of dandruff are excessive meat eating and working under electric light. A simple vegetarian dietary and plenty of sunlight upon the scalp will soon check this condition, in most instances.

If you will persistently adhere to these suggestions you can depend on removing all of the unpleasant symptoms of dandruff in a very short time.

Seborrhea Oleosa is an affection marked by extreme oiliness of the skin. It is due to a functional disorder of the sebaceous glands of the skin, characterized by an excessive and abnormal secretion of sebaceous matter, forming upon the skin either as an oily coating or in crusts and scales. The oily variety may become so great as to collect in minute drops of a clear yellowish fluid upon the surface.

Constitutional treatment is necessary to overcome this oiliness, and the free use of fruits, vegetables and green salads in the diet may be especially suggested. This condition will admit of more frequent washing than ordinarily but not too much soap should be used. Dry friction baths of the skin of the entire body, together with the practice of air baths and

sun baths at every convenient opportunity are of the utmost value. Nothing else will accomplish such good results.

DEAFNESS.—See *Ear, Diseases of.*

DEATH, SIGNS OF.—1. A clinical thermometer may be inserted far into the rectum and allowed to remain 5 minutes. If it registers 90 degrees or more after twenty-four hours, life is present; it is below 80 degrees in death.

2. Form a blister on the skin by heat, open it widely, if the part beneath is red and the edges dark red, there is life. If colorless, death is indicated.

3. Ascertain lung action by placing a shallow dish of water on the chest, feather before the nostrils or by a cold mirror before the nose and mouth, looking for moisture.

4. In three days, on the average, putrefaction begins, perceptible by disagreeable odor, and distension of abdomen by gas. If doubtful wait until this takes place. The electrical test is an accurate one, but requires expert knowledge.

There are many signs of death; but practically all of them, with the single exception of putrefaction, are fallible, and cannot be considered conclusive. The following general summary of the signs of death is taken from Hereward Carrington and John R. Meader's book, "Death: Its Causes and Phenomena." I abridge:

Observations on the circulation are inconclusive. Often, the heart may be beating, yet is too faint to be heard. On the other hand, the heart may have ceased to beat, but your own pulsations will be felt, and a false notion gained that the subject is alive. Other tests, such as cutting a vein, coagulation, ligature of the finger, cupping, leaching, etc., show merely that the circulation has stopped; not that it cannot be restored by proper measures, such as cardiac massage, hot packs, etc.

The temperature post-mortem is a very uncertain sign. The little livid spots, known as cadaveric sigillations, once thought to be an infallible sign of death, may occur before death in certain diseases, such as cholera, uremia and asphyxia, and may be absent where there has been abundant hemorrhage.

The failure of the skin to blister was long thought to be a

conclusive sign of death; but this is now known to be untrue. The parchment-like appearance of the skin is also uncertain.

The following signs have in the past been considered sure signs of death, but all of them are now know to be uncertain:

Immobility of a needle stuck in the pericardium; emptiness of the central artery of the retina; disappearance of the papilla of the optic nerve; discoloration of the choroid and retina; interruption of the circulation of the veins in the retina; emptiness of the capillary vessels; corpse-like face; discoloration of the skin; loss of transparency of the hands; emptiness of the temporal artery; white and livid coloring at the points of the fingers; relaxation of the sphincters and the pupil; glazed eyes and haziness of the cornea; insensibility of the eye in regard to strong light; bending of the thumb toward the palm of the hand; disappearance of the elasticity of the muscles; non-coagulability of the blood; absence of a humming noise in the auscu-lation of the finger-points, etc.

After death, a certain odor is often present (odor mortis) but this is often, in fact generally, absent.

Rigor mortis is a sure sign, if you can be sure it is rigor mortis. But the body may be in a state of catelepsy; frozen stiff, etc. It is an uncertain test.

The only reliable sign is the appearance of putrefaction. Even here, spots sometimes appear on the skin, discoloring it in places, and resembling decomposition. But on the whole, the test may be regarded as certain—the only certain test. Dr. B. W. Richardson sums up the matter thus:

"If all these signs point to death . . . . . the evidence may be considered conclusive that death is absolute. If these leave any sign for doubt, or even if they leave no doubt, one further point of practice should be carried out. The body should be kept in a room, the temperature of which has been raised to a heat of 84 degrees F., with moisture diffused through the air, and in this warm and moist atmosphere it should remain until distinct indications of putrefactive decomposition have set in."

It is hardly necessary to say that cremation is by far the most wholesome and sanitary way of disposing of dead bodies.

DEBILITY, GENERAL.—See *Vital Depletion.*

DEBILITY, NERVOUS.—See *Neurasthenia.*

DEGENERATION.—Deterioration of the cell structure of any tissue so that it cannot function properly. *Atrophy* is a form of degeneration. See *Muscular Atrophy,* also *Fatty Degeneration.*

DELIRIUM.—A state of mental disturbance characterized by mind wandering and hallucinations. This condition occurs generally during a severe attack of fever, and it may be produced by severe bodily exhaustion such as results after hemorrhage. Such a mental condition is dangerous and though as a rule it lasts only for a few hours, it may continue for days.

Delirium Tremens.—A condition of delirium characterized by sleeplessness, tremors, horror and hallucinations. After sound sleep the delirium usually vanishes. It is produced by continued and excessive consumption of alcohol. Some authorities declare that it is the result of renal insufficiency, added to the alcoholic poisoning. In short, when the kidneys fail to do their work, there is an accumulation of the ordinary body waste-poisons as well as the alcoholic toxemia.

Treatment. In the treatment of delirium associated with fever, etc., by following the instructions given for the particular disease in each case you can expect that these unpleasant symptoms will gradually subside and finally disappear.

When there is fever, cold sheet packs are especially advantageous in the treatment of this condition; if the vitality is low cold abdominal packs could be used instead. When there is not much fever present a hot spinal pack is sometimes advisable. Mild stimulation of the spine as advocated in Physcultopathic Treatments A and B can be used with benefit.

In the treatment of delirium tremens the patient should be induced to drink large quantities of hot water. If this is impossible, then inject two or three quarts of hot water (115 degrees F.) into the rectum and have the patient retain it if he possibly can. If he finds the taste of water

unpleasant it can be flavored with lemon juice or any other acid fruit, or with honey, though it is better to take the water without flavoring. A little salt in the water will sometimes make it more palatable. The purpose is to flush the system with a large quantity of water, with a view of assisting in the process of washing out the poisons that have given rise to these serious symptoms.

While encouraging the patient to drink large quantities of water, a hot blanket pack or full hot bath (103 degrees to 106 degrees Fahr.) could be given, or if the vitality of the patient is low a hot abdominal pack could be used. This could be followed by a hot spinal pack, provided the symptoms of the complaint do not rapidly abate. The hot blanket pack or full hot bath, however, should be given in every instance, if possible, for the sake of the most active elimination and to accomplish that in which the over-taxed kidneys have failed. If there is fever associated with the complaint then these packs could be cold instead of hot, preferably the full cold sheet pack, though even in a fever a hot spinal pack should be used; after *cold* cloths or even ice bags may advantageously be applied to the head while using the hot spinal pack. They are always of value for relieving cerebral congestion.

In delirium tremens it would be best to avoid food altogether for some days, if such a strict regimen does not worry the patient too much. It would be decidedly to the advantage of the patient in this disorder to adopt the milk diet after this fast. The full milk diet is inclined to eradicate or wash out the impurities by flushing the system with an unusual quantity of blood, and it is especially valuable following a difficulty of this kind. It is a good plan, however, to begin to take as large quantities as possible when first beginning the diet, provided the fast is not continued too long. Even when the fast is continued seven to ten days, however, it would be a good idea to try to follow the regular instructions given in Milk Diet No. 33 on the second day after breaking the fast. The first day a half pint of milk could be taken every sixty or ninety minutes.

If the hot bath or hot blanket pack treatment, continued

from one to three hours, is given the first day, during the delirium, the hot abdominal pack may be used on subsequent days for three or four days, though followed by cold ablution. If patient is sufficiently vigorous a cold douche of the entire body for several days thereafter will be valuable. As an alternative, a cold half bath could be recommended for its reflex influence in relieving cerebral excitement or congestion.

In alcoholic paralysis or unconsciousness, prolonged hot baths or hot blanket packs, from one to three hours, are suggested, with copious drinking of hot water as soon as possible, also hot enemas and a hot spinal pack.

DELUSIONS.—See *Insanity.*

DEMENTIA.—See *Insanity.*

DENGUE.—(Break-bone Fever.) A contagious tropical disease of an acute nature, which occasionally occurs in the southern United States. The characteristic symptoms are sudden fever, pains in the joints of the body, the limbs and head. The joints of the knees are usually the most affected, the pain becoming particularly severe after walking. This gives rise to its name of "dandy fever" as the sufferer can only progress by assuming a peculiar strutting gait. Another characteristic symptom is a rash which appears over the entire body in the form of red patches. This eruption may resemble the rash of measles or scarlatina. The disease lasts from a few days to a week and the patient usually recovers rapidly.

Treatment. This disease can be treated in about the same way as any ordinary fever with satisfactory results.

First the patient should be encouraged to drink freely of water. The water can be flavored with salt or lemon juice, if desired, or it can be given without flavoring. It can be taken hot or cold as desired. Once each day a wet sheet pack should be given, allowing the patient to remain in this pack from one to two hours, or until a feeling of discomfort ensues. This will result in active and profuse elimination.

Should the patient become very weak during the treatment then a wet abdominal pack should be given instead of the wet sheet pack. In this case I would advise the abdominal pack to

be given in the morning, and the hot spinal pack in the afternoon. Should the fever be very high while applying the hot spinal pack there should be a cold wet application to the head at the same time.

The bowels should be moved with the aid of an enema the first day of the treatment, and each day thereafter should there not be a natural inclination.

The greatest possible care must be used in the beginning not to feed the patient suffering with this complaint. The complete fast which is absolutely necessary during the progress of the ailment should be broken when the symptoms have abated with Limited Diet No. 21, giving the patient just about half the quantity suggested in this diet the first day, and the full quantity the next day. After adhering to this diet two or three days, Limited Diet No. 25 could be followed for three or four days; after which Milk and Fruit Diet No. 46 could be followed.

Whenever the patient's strength will allow of any special treatment, Physcultopathic Treatments A and B could be used to advantage, though be very careful to see that there is always a distinct recuperation from the stimulation thus given.

Dentition.—"Cutting teeth." The accompanying symptoms, when disturbing may be relieved by fasting for a day or two.

Dermatitis.—Inflammatory condition of the skin, with redness, heat, pain, etc. See *Skin Diseases*.

Diabetes.—*Diabetes mellitus* or true diabetes is especially characterized by a discharge of sugar in the urine coupled with a copious excretion. The amount of liquid excreted sometimes amounts to several gallons daily and results in a severe thirst. Other constitutional disturbances arise owing to the presence of sugar in the blood and in other secretions. Though the disease may develop slowly and it is possible for the sufferer to stand the immense strain involved for many years, it always proves fatal in the end unless drastic constitutional measures are adopted. Recent investigation proves that the disease is not due to functional defect of the kidneys, as popu-

larly supposed, but to the clogging and functional impairment of the liver. The urine is colorless, of sweet odor, its specific gravity is much above the normal, containing from one-half to five per cent. of sugar, the daily loss varying from one ounce to a pound. As the disease progresses, allied to the extreme thirst there is often a ravenous appetite. The skin becomes dry and itches, causing sleeplessness and has a tendency to the formation of furuncles. The digestion becomes more and more impaired, emaciation follows, and the final stage of the disease, before death occurs, is characterized by diabetic coma.

Though the cause of the malady is declared to be obscure there can be no doubt that excessive consumption of the carbonaceous foods—the fats, sugars, and starches, by the clogging of the liver, seriously impairs the glycogenic function of the latter; with the result that the sugar which should be stored and held in reserve within the liver, is let loose into the blood circulation in a raw and unassimilable form.

Diabetes insipidus, a disease which is liable to occur in early adult life, is a nervous disturbance. Here again the principal symptoms are great thirst coupled with an increased flow of pale, watery and slightly acid urine, of low specific gravity. The general health in this condition may appear good, as the urine contains no albumen or sugar, the strain on the system thus being lessened.

Treatment. Both forms of diabetes referred to can be treated most satisfactorily by means of Physcultopathic methods. When the treatment is begun early in the course of the disease, definite recovery can be promised. Where it has progressed to any great extent, in many instances, it is incurable, though even under such circumstances one's life can be materially prolonged by following the essential constitutional methods for all-around building up which are suggested herein.

I would prescribe in practically every instance an exclusive milk diet to be taken in bed, that is to say, the regular plan of Milk Diet No. 32 should be followed, a glass of milk every half hour, either cold or warm as desired, while awake.

I would suggest no exercise in the beginning of the treatment or for several days thereafter. However, if the patient improves materially, and the sugar disappears from the urine, some mild exercises can be begun, to be taken in the morning, though the urine should be examined at regular intervals to determine the effect of this exercise.

Each day toward evening the patient should take a warm bath, with the temperature of the water about 98 or 100 degrees Fahr.; he should remain in this bath from half to three-quarters of an hour, and later extend the duration of the bath to one hour.

After having secured such an improvement that it is safe to make some change in the diet, Milk and Fruit Diet No. 42 could be used. Sometimes Milk Diet No. 38, 39, 40 or 41 will be very satisfactory at this stage of improvement. After following this for a while, I would suggest Meat Diet No. 104 or 107; in fact, if the milk and fruit diet does not agree, the meat diet can immediately be adopted. If desired, green salads can be used with this meat. No sugar, bread or starchy foods of any kind should be taken in connection with the meat. In fact, raw vegetables could in practically every instance be taken with this diet. Where one's business is such that he cannot possibly follow the milk diet while resting, as suggested, then the meat diet can be taken instead.

Physcultopathic Treatments F and G would be very valuable, if taken once each day.

A general vitality-building regimen adapted to the needs of the patient should be selected and followed in detail every day, after he has progressed to such a point that he is ready to take up the meat diet. Moderate exercises under such circumstances will be of distinct advantage, and will help materially in building up the vital strength which is needed in eradicating this serious malady. Walking is especially recommended.

If possible, the patient should live and sleep outdoors and at least should have as much fresh air as possible, all windows being kept wide open. Deep breathing exercises will be of great advantage.

DIARRHOEA.—(See also *Dysentery* and *Enteritis.*) A feverish disease, the chief characteristic of which is severe abdominal pain with much straining at stool. The feces are loose, sometimes watery, and at times tinged with blood. There is more or less fever, a constant desire to defecate, particularly during the night and early morning, and the patient is tormented with a sensation as if there were something in the bowel which it is impossible to discharge. In severe cases there is a discharge of bile and blood, and should the loss of vital fluid prove excessive, the end may prove fatal. *Dysentery* is the term applied to diarrhœa in its most severe form.

Treatment. Diarrhœa is a heroic effort of the organism to get rid of unfriendly matter, and it should be the aim of the treatment to help in this respect. The first requisite is absolute abstinence from nourishment of any kind until recovery. The free drinking of water is to be encouraged, either hot or cold, as desired by the patient, though hot is better when acceptable. Hot abdominal packs will nearly always be very valuable, and if the disease continues very long in its acute form, a hot abdominal pack in the morning would be suggested, and a hot spinal pack five or six hours thereafter.

Full hot enemas, therefore, will be of great value in cleansing the colon quickly and effectually. Hot salt enemas will sometimes be better. In some instances a cold enema would be of value to restore tone and vigor. First inject hot water (115 degrees F.) into the rectum, followed by a moderate amount of cold water, at 80 degrees F. When it is possible to irrigate the rectum with the special apparatus required, hot water can be used for a brief period, then cold water, changing two or three times from one to the other, and using cold last. In many cases, however, the free drinking of water, accompanied by a complete fast in connection with the abdominal and spinal packs will be sufficient to bring very quick relief.

While the acute symptoms continue no food should be allowed, as suggested above, but I would advise that Milk Diet No. 32 be used as soon as the patient feels like taking nourish-

ment. It would be much more satisfactory if this diet were continued until there is a return to health; though if this is difficult to arrange, then after following this diet a few days, Milk and Fruit Diet No. 43 could be used advantageously. As the patient gains vitality and general vigor it will of course be advisable to select a vitality-building regimen adapted to his strength, and to have him follow it closely each day. If these instructions are followed to the letter there is nothing to be feared from the most severe attack of dysentery.

In stubborn cases it may be necessary to undergo a fast of two or three weeks, combined with the above treatment, to remedy the chronic form of dysentery. In such cases Fasting Regimen No. 7 may be best, if the patient is emaciated and of lowered vitality. In all chronic disorders of this nature, Physcultopathic Treatments E and F will be of great value, provided the patient is strong enough to take them without discomfort.

No alcoholic stimulants should be allowed and no astringents.

DIPHTHERIA.—There is no disease prevalent among children which is more dreaded than diphtheria. The mortality record of this complaint is very high, and in some instances those who are saved from its very serious accompanying symptoms are left with defects that remain with them throughout their lives.

Medical scientists tell us that diphtheria is caused by the bacillus associated with it, discovered by Loeffler—that this germ attaches itself to the mucous membrane of the throat and nose, and there develops in enormous numbers. At times, however, diphtheria germs have been found in the throats of healthy persons, who did not thereafter acquire the disease.

The disease is regarded as infectious in nature and its principal characteristic is a fibrinous exudate and membraneous growth within the pharynx, accompanied with a moderate fever, glandular enlargements and great prostration.

Authorities maintain that the complaint appears in from

two to seven days after infection. Numerous symptoms mark the onset of the disease. There is often headache; the appetite frequently fails; frequently there are chills and fever, and in some cases vomiting. Hoarseness—which in many instances develops into croup—is sometimes noted. There are pains in the throat, difficulty in swallowing, and white patches slightly tinged with gray are often noted on the tonsils. Other tissues in the back part of the mouth may also be enlarged and inflamed. These patches and the inflammation may start on a small surface and gradually extend to the surrounding areas, and in some instances they pass on to the larynx and the bronchial tubes. Frequently there is painful swelling in the lymphatic glands of the neck. The temperature rises to 102 or 103 degrees.

In incipient stages of the disease, when the child is awake, there is frequently no change in the voice, though when asleep it may breathe with its mouth open. There is sometimes a hoarse sound accompanying the breathing, owing to the slight swelling of the throat. The eyes are sometimes tearful; there may be a slight running at the nose. But remember that white specks seen in the back part of the throat are not in all cases due to diphtheria. These frequently accompany ordinary sore throat.

All of the symptoms mentioned may appear during the first two or three days of the complaint, but in many instances, when the complaint is properly treated, it may not develop beyond slight manifestations. Under proper treatment its progress may be stayed before it develops any really severe symptoms. In the dangerous types of the disease all symptoms are severe. As a rule there is high fever and great weakness. The difficulty of swallowing and breathing increases. The false membrane at first forms a whitish-gray patch on the mucous surface. When this spreads, in a few days the whole of the visible throat is covered. The thickness of this false membrane varies greatly—at times the thickness of writing paper, at other times as firm and tough as leather. When, through neglect of constitutional treatment, the ailment is

allowed to progress, this false membrane may spread in the larynx until breathing becomes more and more difficult, and the introduction of an intubation or breathing tube becomes necessary for the preservation of life. See also Vol. II, p. 1100-4, regarding *Diphtheria Germs*.

Treatment. Some means should be used to quickly accelerate the activity of the bowels. About the best method to accomplish this is the colon-flushing treatment, using an enema. If the child is very young, of course but little water can be used, though even a small amount will materially assist in relieving the rectum and colon of the large amount of fecal matter that may be poisoning the body. Olive oil, or some other harmless laxative can be administered to the child by the mouth, to secure added activity of the small intestines. This would be insured, however, to a very large extent, by the very free drinking of water. Large quantities of water, preferably hot, should be taken immediately after one is definitely satisfied that the disease is diphtheria. It would be well to flavor this water with lemon juice, but do not use sugar. It is almost impossible to give the child too much of this water. If you cannot persuade it to drink it without flavoring, then a small amount of strained honey may be used, though lemon juice is usually preferable.

Remember that absolutely no food of any kind should be given when the acute symptoms of the disease are in evidence. This must be an absolute rule.

After the bowels have become fairly regular there is no need of bothering with them further, though a hot wet sheet or hot blanket pack should be given once daily, to greatly accelerate the activity of the pores of the skin. A vast amount of impurities is eliminated in this manner. Whenever the symptoms of the throat indicate the possibility of danger, then hot cloths should be placed around the throat and chest, and small bits of ice can be swallowed, or a small quantity of very cold or ice water slowly sipped.

In many cases, where the fever is very high, a cold wet sheet pack can be taken instead of the hot sheet pack, and in some instances it is a good plan to use alternate hot and cold

applications on the throat and chest, though as a rule, more speedy relief can be secured from hot applications, especially when small bits of ice are given from time to time and swallowed. A good gargle that will bring relief can be made with lemon juice and water—about half a lemon to a glass of water—though salt and water makes a fairly good mixture for the purpose.

Membranous Croup is diphtheria of the larynx, as distinguished from the more common form of pharyngeal diphtheria. This is the *true croup,* and is particularly dangerous because of the possible suffocation of the child through the closing of the air passages by the membrane. The general treatment is the same as in any other form of diphtheria, though special efforts should be made to loosen and expel the membrane. Vomiting is often very effective in accomplishing this result, and it may be well to give lukewarm salt water emetics for this purpose. The inhalation of steam is one of the best treatments, both in the pharyngeal and laryngeal form of the disease, tending to destroy bacterial life and to loosen the membrane. It can be inhaled from the upper end of an inverted cone or funnel, placed in the spout of a tea-kettle. Special kettles are made for the purpose, but this home-made device will answer just as well.

Gargling with ice water is another form of hydrotherapy very valuable in some cases, though to be effective it should follow the inhalation of steam or gargling with fairly hot water. The water should be absolutely ice cold, and the gargle should last only a moment, whereupon it should be ejected. The effect of the ice water, following the steam or hot water, is to produce suddenly such a contraction of the muscles and walls of the larynx as to loosen the membrane. Sometimes also, the membrane may be removed satisfactorily by mechanical means, scraping gently, though this applies to the pharynx rather than the larynx.

Spraying the throat or gargling every hour with peroxide of hydrogen (50 per cent.) is often recommended in this disease, and may be of advantage. Certainly it is less objection-

able than the regular medical treatment. Peroxide of hydrogen is not a drug in the ordinary sense, for it is rather a solution of oxygen. It is like water, with an extra atom of oxygen in each molecule, and having the property of liberating this free oxygen when coming in contact with microscopic life. The microbe is then destroyed by the chemical union or combustion with this oxygen. Its use is therefore unobjectionable from our standpoint, and it is to be regarded as a cleansing agency, rather than as a medicine. If it does not occasion discomfort I would suggest, that Physcultopathic Treatment A or B be given each day.

When cases are treated in accordance with the methods here suggested, there will rarely be any necessity for the introduction of an intubation tube into the larynx. This operation is called intubation. Of course, when the disease advances rapidly, and there seems to be danger of smothering through inability to breathe, then this operation can be recommended.

As the patient begins to recover, the greatest possible care must be used to avoid over-feeding. Milk would perhaps be the safest food, though given in very moderate quantities. As the patient begins to crave substantial nourishment, Limited Diets No. 20 or 21 could be adopted for three or four days, after which the quantity of milk could be gradually increased. Sumik or buttermilk would be better than sweet milk, provided the patient found it appetizing.

Anti-toxin.—This treatment is described in Vol. I, p. 572-577. See also *Vaccination*, this volume.

DIPLOPIA.—Double vision. See *Sight Disturbances*.

DIPSOMANIA.—See *Alcoholism*.

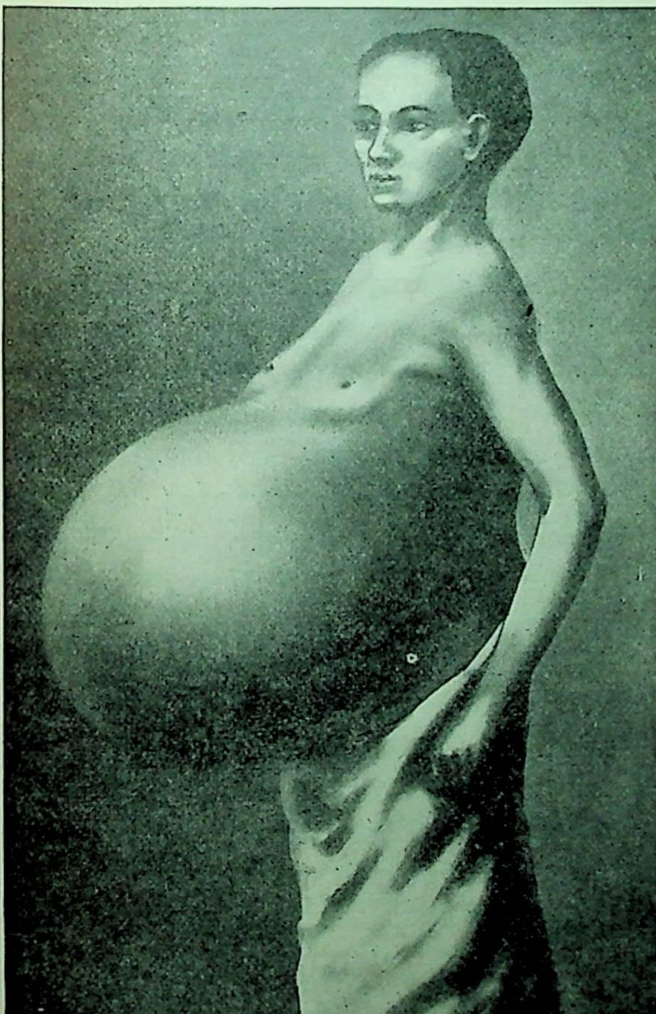
DISCOLORATION.—See *Cyanosis*.

DISLOCATION.—An external injury to a joint which results in the bone failing to return to its natural position. After a dislocation, the layman should leave the patient alone, merely placing the bone in the position which gives least pain. Prompt surgical aid should then be summoned; or the services of a competent bone setter may be employed. (See also *Dislocations* in FIRST AID, Vol. III, p. 1664.)

Diuresis.—An abnormal increase in the secretion and flow of the urine, to be regarded as a symptom rather than as a disease in itself. It is characteristic of diabetes. See *Diabetes*, also *Kidney, Diseases of*.

Dog Bites.—See *Hydrophobia;* also Volume III, page 1677.

Dropsy.—Dropsy may be due to a disease of the heart, lungs, liver, or kidneys. Its chief symptom is a general swelling caused by the escape of the fluid or watery base of the blood from the blood-vessels into the cavities of the body or under the skin. These dropsical swellings can usually be cured with proper treatment. But as they are not a disease in themselves but are brought about by the impairment of the function of the main organs, attention should chiefly be given to the causative factors.



A severe case of abdominal dropsy (ascites).

For *Dropsy of Brain*, see *Hydrocephalus.*

Treatment. If there is a disease of the heart, lungs, liver or kidneys which is causing the dropsical symptoms, the detailed treat-

ment that is prescribed for that particular disease should be followed closely. In addition, however, the instructions given herewith if followed strictly will unquestionably bring about a material change for the better within a short time. Abstinence from salt in any form, is very efficient in reducing dropsy.

A fast is indicated first of all in treating a complaint of this nature. I would suggest Fasting Regimen No. 1 for from one to two days, followed by Fasting Regimen No. 2 to be continued for from three to twenty days, depending altogether on the weight, strength and general vitality of the patient. For instance, if during the fast the dropsical swelling is being gradually reduced, and with the reduction of the swelling you notice an increase in the strength and endurance of the patient, it is certain that the fast is of decided benefit.

One must remember also that while there is often a general lack of energy during a fast, yet a trial of the strength of the patient will often prove that he has more endurance and more strength than he had before. If the muscular energy seems to be very greatly reduced, though there is a distinct improvement in the reduction of the swellings, then I would advise Partial Fasting Regimen No. 8 for a few days, followed by Partial Fasting Regimen No. 10. Use the breaking-fast regimen adapted to the length of the fast, though the milk diet is not indicated in this complaint unless it is taken in bed. If it is convenient for one to take Milk Diet No. 33, and remain in bed for the entire period, then he can expect splendid results from this regimen. If it is inconvenient or otherwise impossible to take the milk diet in bed, then, following the breaking of the fast, I would suggest the adoption of Limited Diets Nos. 22, 23, 24 and 25, each for one day. After experimenting for one day with each of these limited diets, one may select the one which seems to be the most agreeable and follow it for several days. After which the patient could gradually resume his ordinary diet, though using the greatest possible care not to over-eat.

Do not get the idea that the drinking of water is the cause

of this complaint, for should one neglect to drink sufficient water it will as a rule make the symptoms of the disease more serious in character. This does not by any means mean that you should force down large quantities of water, but simply drink it whenever you have a thirst for it.

If the patient is fairly strong Physcultopathic Treatment F or G can be employed daily, though if the patient is weak Physcultopathic Treatment D could be used in the morning, and a hot abdominal pack in the afternoon.

If the patient is of average strength select a vitality-building regimen suited to his needs to be followed closely day after day, and especially including the air baths, sun baths and dry friction baths called for.

Walking can be recommended in this difficulty provided it does not materially aggravate the symptoms, that is, if it does not considerably increase the swelling. If walking seems to aggravate the trouble it should, of course, be avoided. Standing on the feet or slow walking is much more likely to aggravate the disorder. Walking at a fair pace, unless it is too much of a strain, promotes the circulation in such a way as to relieve the trouble, which in many cases is caused partly by impeded circulation.

Dropsy in Pregnancy is a very common complaint, so much so that some people regard the swelling of the feet and ankles as one of the characteristic symptoms of pregnancy. During gestation there is naturally an unusual demand upon the kidneys and other organs of the mother, with the result that there is likely to be some inefficiency upon the part of the kidneys if the woman is not in vigorous health. General constitutional building up, as a rule, is all that is necessary to overcome the difficulty under such conditions, but if the health is very poor and the swelling pronounced, then radical measures should be adopted to avoid the possible dangers of eclampsia during or following childbirth. Convulsions at that time are often fatal, but all danger of them may be avoided by arousing such activity of the skin as to have it do a large part of the work

of the kidneys. Three or four hot baths (105 to 108 degrees F.) per week, each continued from ten to twenty-five minutes, according to the strength of the individual, but never prolonged beyond a definite sense of discomfort, will be effective in this way in all cases. Special attention, however, should also be given to dry friction baths and air baths under such circumstances, in order to promote the utmost possible activity of the pores of the skin. Treatment of the various parts of the body, effected by means of Mechanical Physcultopathy, will be advantageous to a certain extent, but at the same time one must rely chiefly upon constitutional treatment and measures to promote more perfect elimination.

Apart from pregnancy, when it is known that dropsical symptoms are the result of imperfect action of the kidneys, these same measures for promoting activity of the skin will always be effective in reducing the swelling, in connection with the dietetic treatment outlined.

An outdoor life is advised, wherever possible, but wide open windows when indoors are to be insisted upon if the patient cannot spend his or her time in the open.

Drowning.—See Volume II, page 967; also Volume III, page 1652.

Drug Habits.—(Cocaine, Chloral, Opium, Morphine, etc.) Only those whose mode of occupation and whose environment brings them into direct contact with the moral and physical weaknesses of humanity can realize how terribly prevalent is the use of those drugs which form the basis of degenerate habits leading to insanity and death. It is disquieting to note that the use of opium, morphine, cocaine, laudanum, chloral and other opiates is apparently increasing, which fact is undoubtedly due largely to that nervous tension to which our present mode of existence more and more subjects us. The result of this undue drain upon vitality and nervous force is to produce a craving for stimulation that will temporarily counteract the strain. And thus the causes which are provocative of a liking for alcohol and those that lead to the use of such drugs, are practically the same.

The use of morphine and opium frequently follows the use of the drugs as prescribed by physicians for the relief of pain or other conditions, which in most cases could be treated far more satisfactorily by Physcultopathic methods. The use of cocaine often becomes habitual as a result of using proprietary catarrh medicines containing the drug, whereas the taking of chloral for the purpose of inducing sleep in insomnia is a common cause of addictedness in its habitual use. But in either case the victim continues the habit chiefly because he feels the craving for the stimulation which it brings.

All of these drug habits are somewhat similar in their destructive influence upon both body and mind. Even the moral faculties suffer, particularly in the case of those who use cocaine, for no matter what their original character, they gradually reach a condition in which the last vestige of moral sense is completely obliterated. Much crime is due to the use of these various drugs.

Drug victims lose their appetites. They cannot sleep. They lose both flesh and strength, and present a miserable appearance. Sometimes they have fainting spells. There are impairments of sight and hearing, a sense of anxiety, a loss of memory and other severe mental disturbances culminating in dementia. Upon being deprived of the drugs, which they have come to love and to believe indispensable, all of these symptoms are greatly intensified, the victims often become violent and attempt suicide.

Treatment. The treatment is substantially the same in the case of practically all of these drug habits, the first step being to deprive the patient of the poison. Because of the violence of the symptoms which usually follow this measure, the victim should be taken great care of. In case of mania, complete immersion in a warm bath for two or three hours may be suggested, to quiet the nerves. If necessary, arrangements should be made to strap him in position for this treatment, placing him in water at 103 degrees to 105 degrees F. for the first twenty minutes, and then reducing the temperature to that of a neutral bath, 95 degrees to 98 degrees F. for

the rest of the time. Ice packs or cold compresses applied to the head or back of the neck at the same time, or a cold affusion to the cervical spine, would be of advantage.

It is often thought that a drug habit victim is best cared for in an institution, but unfortunately the methods of treatment in such places are not satisfactory. The chief advantage of the institution is the greater possibility of withholding the drug from the patient. But if the patient is carefully watched and guarded, home treatment may be carried on by our methods with far greater satisfaction.

The gradual withdrawal of the drug is much recommended, and may prove to be a satisfactory plan in many cases, for it does not produce the extreme depression that follows its sudden discontinuance. Nevertheless, I would recommend the latter plan in most instances, for it will mean a quicker ultimate cure and prove to be easier for the attendants in the end. The violence of the symptoms following the sudden withdrawal of the poison will be so mitigated by the methods which we are advocating that the usual conditions will not apply. By this method, the habit is broken, absolutely and for good.

Fasting is the most valuable of all forms of treatment for overcoming the pathologic condition of the body brought about by the habitual use of the poison. Fasting gives the body an opportunity to readjust itself in a normal way and also hastens the elimination of any poison remaining in the system. The drug fiend has lost his appetite anyway, and by means of a fast will regain a normal condition of the alimentary canal in a fraction of the time that would otherwise be consumed in this process. Especially, the mind will clear and gain in strength, and he will much sooner find himself in possession of the moral impulse and the will to fight his habit.

Because of the deplorably weakened condition of the body and the emaciation caused by the drug, an extended fast may not be possible in the beginning, and I would suggest either Fasting Regimen No. 2, with emphasis upon the instructions as to taking a series of fasts, or Fasting Regimen No. 7. If

the patient still has sufficient vitality, however, a fast of one or two weeks immediately following the sudden discontinuance of the drug, would certainly be the best plan. A breaking-fast regimen suited to the length of the fast should be adopted, and the milk diet should be followed as the most perfect means of building up the weakened and disordered body. Milk Diet No. 32 is recommended, though after gaining normal weight on this regimen I would especially advise a diet chiefly of uncooked foods, varying on different days between Fruit and Nut Diet No. 80, Cereal Diets Nos. 82 and 83, Salad Diets Nos. 84, 86 and 87.

By way of special treatment, attention should be given to the nerves. I have already referred to the warm bath in case of mania, but in other cases where there is much apparent nervous excitement, a neutral bath (92 degrees to 98 degrees F.) lasting one hour may be recommended. This will probably not be necessary for more than a few days, and after that, or from the beginning, if the patient is sufficiently vigorous, a combined cold half bath and spinal affusion may be recommended. The patient should be rubbed while in the half bath (seated with legs and hips immersed in the water, at 80 degrees to 85 degrees F.), this to continue for ten minutes, while two or three times during this bath water at a temperature of 60 degrees to 70 degrees F. should be poured over the back of the neck and down the spine. If this treatment is not given, then at least cold compresses should be placed at the cervical spine and back of the head for twenty minutes two or three times during the day. The warm baths, when given, should be followed with a quick cold douche or ablution.

The patient should adopt a vitality-building regimen suited to his strength. Each evening he should be given Physcultopathic Treatment A or B, always preceded with the application of a hot spinal pack. More vigorous Physcultopathic treatment should be given if he is in a condition to receive it, or as soon as he improves to that extent. Plenty of absolutely pure and fresh air is essential, and if the patient follows this general scheme of treatment he will soon gain the mental

stamina necessary to combat his habit. What is more, as his body gains strength and vitality, he will no longer feel the craving for stimulation.

DRUNKENNESS.—See *Alcoholism*.

DUMBNESS.—Dumbness may arise in the case of little children through progressive deafness (see *Ear, Diseases of*.)

In the case of adults apoplexy (which see) may lead to a temporary loss of speech. But, dumbness, being in very many cases an outward symptom of grave constitutional disturbance, its cause should be sought in the general physical condition.

Recent researches have shown that there is a definite connection between dumbness, as the result of accident, and right and left-handedness. As we know, there are two speech centers, one in either hemisphere of the brain; yet only one of these centers is ever utilized—the left brain-center in right-handed persons, and the right brain-center in left-handed persons.

It has been thought that the early development of one hand and side (usually the right) has developed one hemisphere only; hence the other remains dormant and inactive. At all events, it has been proved that injury to one hemisphere renders a person completely dumb; though the same center on the opposite side of the brain is perfect. From this fact, Dr. Hanna Thomson and other brain specialists have drawn the conclusion that only one half of our brains is ever used; the other half being held "in reserve," as it were, in case of accident.

The practical deduction to be drawn from this is that all children should be trained from earliest infancy to be ambidextrous. If the right and left hands are used alike as they should be, this one-sided development is avoided; and it has been shown that, in such cases, injury to one speech center does *not* cause dumbness. The other center does the work. Even in cases where dumbness has resulted in this way, the patient, if not too old, has been taught to speak again by making him use his left hand for everything—that is, making him left-

handed and so right-brained. These are very significant facts; and should be kept in mind, in treating all cases of this character.

Where this unpleasant defect is brought about by constitutional causes, very often it can be materially or wholly remedied by a general increase of vitality. For this purpose I would suggest the selection of the vitality-building regimen adapted to the strength of the patient, which he should carefully follow day after day.

If the defect is due to disorders of the ear, then he should follow the instructions given for the treatment of that particular disease. One should remember, however, that ear diseases in nearly all instances are due to constitutional defects.

Physcultopathic Treatments F and G would be very valuable as a part of the general vitality-building regimen to be adopted in the treatment of this condition, as they will actively stimulate the nerve centers. See also *Speech, Disturbances of.*

DUODENITIS.—Inflammation of the duodenum or first portion of the small intestines. A variety of *Enteritis.* See *Intestines, Diseases of.*

DYSENTERY.—This disease is an aggravated form of diarrhœa. Its various symptoms and full instructions for its treatment appears under *Diarrhœa* on page 1999 of this volume.

DYSMENORRHEA.—Difficult or obstructed menstruation. See *Menstruation;* also Volume V.

DYSPEPSIA.—A general term applied to faulty digestion. The disease must be considered more as a condition of functional disturbance of the glands of the stomach than as a diseased state of this organ. The secretive and absorptive function of these glands may be impaired in many ways—through over-eating, or the eating of unwholesome food; insufficient mastication; the poverty of the blood; and a deficiency in the character and quantity of the secretions of the gland.

Dyspepsia is an ailment the growth of which is slow in character, wilful disobedience to hygienic laws for a term of years often being necessary to produce a condition of chronic

dyspepsia. Constipation, often in an aggravated form, must first be present before the functional activity of the stomach can be seriously impaired. As the ailment develops, discomfort is experienced after meals, the stomach becomes distended and flatulence follows. Owing to toxic absorption from the bowels nervous symptoms may arise such as headache, neuralgic pains, sleeplessness and dizziness. As digestion becomes increasingly difficult, the pain experienced after eating will cause proportionate discomfort. The difficulty often experienced in the cure of a case of chronic dyspepsia of long standing is primarily due to the burdened condition of the blood. This reacts upon the digestive juices, impairs their chemical efficiency and thus almost any combination of food, however digestible in theory, proves in practice a further addition to the existing burden.

Treatment. Remarkable results can be obtained in the treatment of this particular ailment by the proper combination of fasting and the milk diet. I have seen some recoveries that could almost be termed miraculous as the result of these methods in this particular complaint.

I would first of all suggest Fasting Regimen No. 2 for as long a period as the patient can abstain from food without serious loss of strength. I do not by any means advise that the patient continue the fast until it becomes necessary for him to remain in bed, though in some cases where the patient appears to be greatly weakened and the fast has not yet been continued long enough to be of any real benefit, then Partial Fasting Regimen No. 8 could be followed. The longer the fast is continued the greater will be the benefit, keeping in mind at the same time the necessity for being mentally satisfied as to the value of the fast, and also the necessity for not allowing the bodily energies to become too greatly depleted. If one is of normal weight then, of course, the fast could be continued for a longer period than if he is thin. The average dyspeptic patient, however, is emaciated to a certain extent, and in cases of this kind naturally the fast should not be continued for more than five to ten days. In this particular

disease, naturally, the stomach is in special need of a fairly long rest. This not only gives the organ a chance to be thoroughly cleansed, but puts it in a condition where it is able to make a superior quality of blood from the nourishment that is furnished. This is especially true when the milk diet is used. I would suggest adopting the breaking-fast regimen adapted to the length of the fast, and the following out of Milk Diet No. 32. In cases where the milk diet cannot be followed, then the patient can adhere to the other regimen referred to in the breaking-fast regimen adapted to the case.

After following this regimen, however, if you do not feel a very decided improvement in your stomach, then I would advise the adoption of Milk and Fruit Diet No. 43, varying it with No. 46 for a day occasionally, depending upon your appetite.

In a case of such extreme emaciation that the patient cannot endure a fast of sufficient length to give his stomach the necessary rest, Fasting Regimen No. 7 may be of greatest advantage. It is better, however, to fast from five to ten days or longer in the very beginning, if it does not cause too great a loss of vitality.

Physcultopathic Treatments D, F and G would be of special value in the treatment of this disease. If all of these treatments could be given daily, they would without question help materially in bringing about a decided improvement. The cold abdominal pack at night is also beneficial.

Select the vitality-building regimen adapted to the strength of the patient and have him follow each day the instructions given therein. This is especially important in this particular disease. What is needed first of all in curing dyspepsia is additional vitality. A distinct improvement in the quality of the blood is essential. The stimulation of the entire vital organism that comes through exercise will bring a change for the better in chronic dyspepsia that is often amazing in character. Walking especially is a valuable exercise in the treatment of this disease. If the patient will walk each day until he is fairly tired it will be of very great value. Deep breathing ex-

ercises will also help materially, as these furnish a mechanical stimulus to digestion that directly reaches the affected organs.

Upon resuming the use of solid foods, it is necessary that the greatest care should be observed to thoroughly chew every morsel of food consumed. Absolute mastication, of both solid and liquid forms of nourishment, is imperative in the case of dyspeptics.

The drinking of hot water an hour before meals is palliative and helpful in many cases, but it is of temporary benefit only. One should not allow himself to reach a condition in which he will depend upon this use of hot water. The cure depends upon a radical improvement of the condition of the stomach and of the entire body through the methods referred to above. Great care should be used never to drink iced water. Drinking water should be only moderately cool.

Ear, Diseases of.—Diseases of the ear are conveniently divided, for the purpose of description, into acute and chronic forms. Both varieties are generally caused by previous inflammation of the nose and throat.

In the *acute form* the symptoms begin with deep-seated severe pain in one or both ears, which causes great agony. Accompanying this there are frequently roaring sounds in the affected ear. Sometimes the skin around the opening of the ear is swollen. Such symptoms as these may be indicative of:

Acute inflammation of the auditory canal, due either to middle ear suppuration, or to the presence of foreign bodies or to the formation of pimples in the external ear. This furuncle appears in the canal as a small red spot, extremely painful in character. After suppuration and a discharge of blood and pus the sypmtoms may diminish. Or the above mentioned symptoms may again be due to

Acute catarrh of the middle ear. This catarrh is often accompanied by a rise in temperature and when neglected may lead to a perforation of the drumhead. The disturbances noted increase in intensity during the night with spasms and excruciating pain, unless constitutional as well as local measures of relief are adopted.

Purulent inflammation of the middle ear may set in. This is sometimes termed "running of the ear." The entire side of the head then becomes extremely painful, and beating sounds like the stroke of a hammer are heard. The symptoms may become so severe as to resemble meningitis. When finally perforation of the eardrum takes place the purulent discharge is extremely copious in character.

If any of these acute forms of ear trouble are neglected an abscess may form within the brain (see *Mastoid*).

EARDRUM, RUPTURE OF.—Perforation or rupture of the eardrum is a serious injury, but not absolutely destructive to hearing, as many think. With proper care, hearing is often regained in the ear, after the accident has happened.

When the drum is ruptured, one rule is of primary importance: Nothing whatever should be introduced into the ear, as this injected fluid, whatever it may be, being no longer prevented by the drum from entering the inner ear, flows in, and is liable to produce inflammation and injury to the various delicate structures and membranes contained within it. No home treatment is advised in such cases, but a competent surgeon should be called in at once. But little can be done, and that little by a skilled operator.

Roaring in the ears is generally due to an excessive blood-pressure, congesting some of the inner blood-vessels. It may be relieved, as a rule, by standing up very straight, with the arms raised high over the head, and taking a number of deep breaths. A short fast should prevent recurrence of the trouble.

Deafness which is not due to this chronic condition may arise from an obstruction in the external portion of the ear, the auditory canal. The most common form of such obstruction is due to excessive secretion of wax.

An inflammatory condition of the ear is liable to occur at all ages of life, especially in the young, and there are many variations of ear trouble, called by different names.

It will suffice to say that when any symptom of disease appears in the region of the ear, the preservation of the faculty of hearing depends upon prompt treatment.

Treatment. That the suggestions given in the treatment may be more definitely applicable to different cases, I will follow out the division of the diseases of the ear into the two classes—chronic and acute.

I might class the acute form of disease of the ear under two headings. First the acute form which is associated with severe pain such as is found in abscesses of the ear. The other acute form is associated with serious inflammation accompanied by a discharge of pus from the ear passage.

In the acute form of this disease, whether associated with pain or not, a complete fast is one of the first of all remedies to be employed, and should be adopted immediately. One should remember that the eardrum is a very delicately constructed piece of mechanism, and any disease associated with suppuration or other serious inflammation is liable to entirely destroy or seriously injure the power of hearing of the affected ear.

However, if the fasting process is begun immediately upon the appearance of the first symptoms, there is little or no danger of this result. For instance, if one will begin a fast immediately upon the appearance of the first symptoms of an abscess, in some cases this will result in its absorption, making it unnecessary for it to break. Remember that, as a rule, the fast should not be broken until all serious symptoms have disappeared, or nearly so. Of course, if the abscess has continued for too long a period, then the fasting process will be of little or no value, and under such circumstances it should not be continued after two or three days. And if the fast in this case were followed by a very full diet, such as would be furnished by the complete Milk Diet No. 32, it would probably hurry the abscess to a head, and thereby relief would be quickly secured.

These acute forms of ear disease are often accompanied by severe pain, sometimes so intense that it becomes almost unbearable. This pain may be materially relieved in many ways. One method is to lie with the ear over a hot water bottle as hot as can be conviently borne. Another method is to inject

hot water into the ear by means of a small syringe. Of course, care must be observed to avoid scalding the tissues. Another method is to heat a small onion as hot as can be borne, and of a size that will just fit into the ear cavity and insert it into the ear. Still another, and perhaps the most effective method of relieving the pain, is to make some arrangement whereby either the ear alone or the entire head might be enveloped in steam. A steam bath for instance, will in nearly all cases bring immediate relief, though as soon as one returns to air of an ordinary temperature the pain will usually reappear. Severe pain of this kind, however, is in most cases difficult to relieve immediately. The patient will usually be able to secure partial relief though if the entire fasting regimen is followed, the free drinking of water is encouraged, and full enemas are given each day for the purpose of accelerating the elimination of the poisons from the body, you can usually depend upon a gradual improvement, with much greater relief from the excruciating pain.

In an acute disease of the ear, regardless of its nature, I would advise the continuance of Fasting Regimen No. 2 as already suggested, until the unpleasant symptoms in connection with the disease have materially abated. Then I would advise that the fast be broken with the breaking-fast regimen adapted to the length of the fast, though unquestionably the milk diet to follow would be found to be more satisfactory thereafter if one could find it convenient to follow a diet of this character.

Cold abdominal packs applied at night before retiring and allowed to remain on all night, or until dry, would be of value during an acute attack of this kind. But if the patient is inclined to feel chilly, a hot abdominal pack should be used rather than the cold pack.

If one would arrange to take Physcultopathic Treatment D sometime during the day, it would be of value.

If this method of treating acute attacks of diseases of the ear is followed closely, you can rest assured that there is but slight possibility of your hearing being affected in any way.

In the treatment of chronic diseases of the ear one must depend entirely upon constitutional upbuilding and increased vitality as a means of securing results.

When deafness is due to secretions of wax, this must be removed before one can expect results of any importance.

If the sufferer is in possession of average vitality I would suggest the following treatment for chronic diseases of the ear: Fasting Regimen No. 2 for five to ten days, but if there is a discharge from the ear it is usually far better to continue this fast until the cessation of the discharge. The breaking-fast regimen adopted should be suited to the length of the fast, and after the third or fourth day I would advise the adoption of Milk and Fruit Diets No. 43 and No. 46, alternating each day, though if either regimen seems to be more appetizing than the other it is just as well to adhere to the one that pleases you most. Combination Milk Diets Nos. 48 and 54 could also be used in connection with the treatment of this disease, following the previous diets.

It will, of course, be necessary to select a vitality-building regimen adapted to the strength of the patient, and he should follow the instructions given therein strictly and persistently. Long walks are of special value in assisting the functional processes in the making of a superior quality of blood. Physcultopathic Treatments D, F and G could be taken once daily with material benefit.

One must remember that chronic diseases of the ear can be remedied only through the improvement of the blood. Therefore, the more thoroughly you can purify this life-giving fluid, the quicker you can expect results from the treatment.

It is especially important in the treatment of this complaint to avoid over-eating, after returning to the use of ordinary foods. If one will confine his diet to simply what is necessary to nourish the body, and never eat beyond this amount, far more rapid results can be expected. In many instances this may mean getting up from some meal feeling hungry, but the rewards will be well worth the efforts made. For further information regarding the ear, see Vol V.

Eclampsia, Infantile.—A nervous disease to which children are liable, characterized by convulsions. In its milder form it is usually seen in infants who sleep with the eyelids open showing the eyeball turned upward. The face twitches and the hands are clenched. The breathing is irregular.

The severe form resembles an epileptic seizure. The child becomes unconscious, gnashes its teeth, squints, cries aloud, tosses its head, and may throw itself backward. Occasionally the seizure ends in death unless remedial measures are at once adopted.

The term eclampsia, is also applied to a convulsive seizure sometimes experienced by women in labor, prior thereto or in the puerperal state, due to a uremic condition. (See *Convulsions*, also *Uremia.*)

There are but few diseases of children that present such startling and alarming symptoms as those which appear in little ones attacked by convulsions. They often frighten the parent to such an extent that intelligent consideration of a remedy is almost impossible.

What really makes the symptoms of this disease more fearful is the fact that they often appear without previous warning. The younger the patient the more liable he is to an attack of this sudden character. In many instances, however, there are various signs that would indicate the possibility of the appearance of this complaint. The child, for instance, will often half open his eyes when asleep, and occasionally will wink one eye, and there may be slight twitches of the facial muscles. These movements are especially noticeable about the mouth. If there is real danger of an approaching attack the respiration of the child will often seem labored. It will often moan gently while asleep. Frequently these symptoms will pass away without convulsions appearing. One authority states that there is more cause for fear when the thumbs are drawn into the palms, either habitually or during sleep; when the eyes are never more than half closed during sleep; when the twitching of the muscles is no longer confined to the mouth, but affects the face and extremities; when the child

awakens with a sudden start, with a much colored face, the pulse is accelerated, the expression of the face showing alarm or anxiety; or when the child cries aloud in fear without apparent cause.

During an attack there is usually observed twitching of the muscles of the face; the body becomes rigid; in a few moments thereafter twitching motions of the body begin; the head and neck are drawn backwards and the limbs violently stretch and bend. In some few cases the movements are confined to certain parts of the body. Frequently the eyes have a staring, fixed expression, though they cannot see, as anything passed before them will not induce winking. The pupils are sometimes greatly contracted or else dilated. The hearing is also affected, as even loud sounds cannot be heard. The pulse is frequently fast and weak. Breathing is greatly accelerated, and the surface of the body moist with perspiration.

These convulsions may last for a minute, or sometimes they will continue for an hour or more. Following them the child usually sinks into a stupor or becomes bewildered. Sometimes it will start to cry violently and will return to its senses.

Convulsions may appear once, or they may continue at frequent or infrequent intervals, depending, of course, upon the treatment that may be used. They have been known to occur at very frequent intervals, twenty-five or even fifty times in twenty-four hours, and to continue appearing at these frequent intervals for from two to four days. These prolonged convulsions of such serious symptoms, however, would hardly appear if proper methods were used for remedying the attack. Of course, when they appear so frequently there is really serious danger. Continuous disturbance of the circulation may cause an undue pressure on the brain, or the blood may stagnate therein, spasms may also affect the muscles that open and close the entrance to the windpipe, and the child may die as a result. Very strenuous muscular movements may also exhaust the patient. Frequently, convulsions will appear previous to any of the so-called serious diseases of children, often accompanying serious indigestion.

Treatment. The severe form of this disease can be treated in a manner very similar to ordinary convulsions. When the attack first appears, be sure first of all that the child is supplied with liberal quantities of fresh outdoor air. Loosen all clothing that might interfere with breathing. It is also well to place a knotted handkerchief, a pencil or other convenient object between the teeth to prevent biting the tongue. If the latter is far back in the mouth so that it may interfere with breathing, then it should be pulled forward.

A dash of cold water on face and head will sometimes be of value, though a very hot abdominal or spinal pack should be given immediately thereafter if the convulsive symptoms do not quickly disappear. What is even more effective, in a violent seizure, is complete immersion of the child except the head, in a hot bath (105 degrees to 110 degrees Fahr.) for a period varying anywhere from five to twenty minutes. Cold water may be applied to the head meanwhile. A hot spinal pack may be given afterward. A hot blanket pack will do just about as well if the hot bath is not convenient. If the convulsions still continue after a half hour, a full hot enema will be of advantage, supplementing the above.

The treatment up to this point is intended to relieve the convulsions. In the milder form of the disease or following an attack of convulsions Fasting Regimen No. 3 should be continued as long as there are any indications of the disease, or unless it is apparent that the patient strongly craves nourishment in the form of acid fruits, when fruit-juices and their pulp could be given in moderate quantities.

Use very great care in breaking the fast that may be adopted in remedying this disease, using the breaking-fast regimen indicated by the length of the fast. Sometimes instead of using an exclusive milk diet, it would perhaps be better to use Milk and Fruit Diet No. 43 or 46.

A wet sheet pack could be given daily as a part of the treatment, though when the patient is especially weak a hot spinal pack in the morning, and a hot abdominal pack in the afternoon would be safer and preferable. In the use of the

abdominal pack and the wet sheet pack one should remember that whenever there is fever, these should be given cold. When the body is at normal temperature or there seems to be a lack of bodily warmth, these packs should be hot. The spinal pack, however, should be hot always.

In some forms of this disease the neutral bath, 96 degrees to 98 degrees Fahr., can be recommended, though this bath should not be used when other hydropathic treatment is given with the exception of the hot spinal pack. It could be given in connection with the latter, that is to say the hot spinal pack in the morning, the neutral bath in the afternoon. The neutral bath has a soothing and restful effect upon the nervous system.

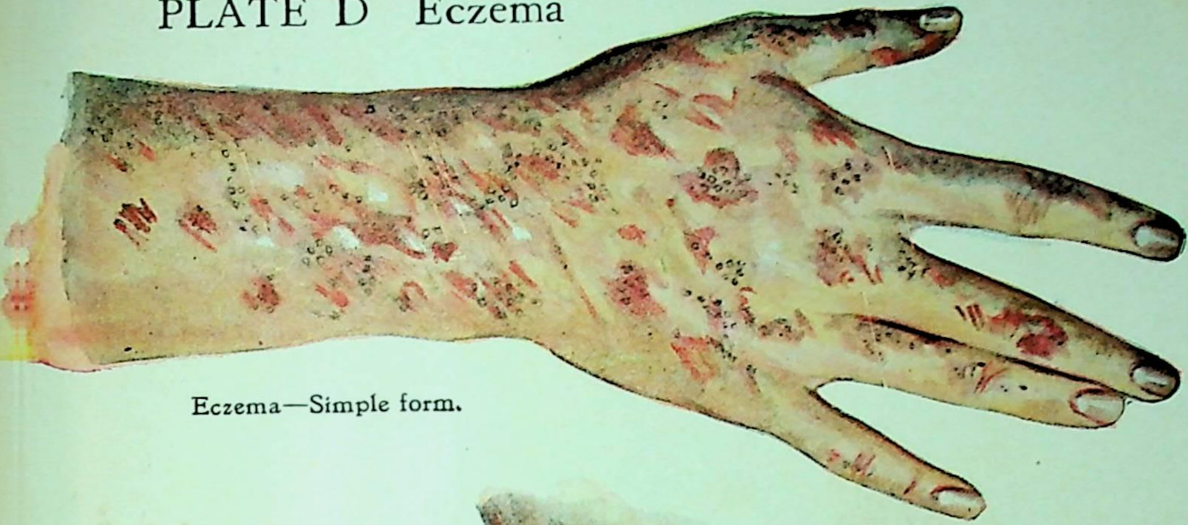
If the patient does not like the taste of water it would be to advantage in most cases to flavor it with either lemon juice, a little salt or a small quantity of honey, as a means of encouraging its free drinking. The water may be used hot or cold, as desired.

Spinal stimulation will usually be of much value in the treatment of this disease, either in the severe or milder form, inasmuch as it directly affects the nervous system, and this disorder is largely a form of nervous derangement. Physcultopathic Treatment D could be used once daily at a time when you are sure the patient will recuperate from the stimulation. In fact, this treatment could be used instead of the hot spinal pack which is recommended in most cases.

Eczema.—An inflammatory skin eruption due to a gouty condition or caused by stomach and intestinal disturbances. It is usually more or less chronic and may appear on any part of the body. It may take the form of simple redness of the skin or appear as scales, pustules or fissures. Intense irritation accompanies this disease when severe in form. Occasionally a discharge takes place from an inflamed area. The eruption that appears in many cases of fever is generally eczemic in nature.

This disease is entirely constitutional; in other words, it does not come from external causes, and is seldom

PLATE D Eczema



Eczema—Simple form.



Scaly form of eczema.

due to local influences. No matter where the inflammation associated with the eczema may appear, it must be remembered that the poisons which are eliminated through these particular manifestations are supplied by the blood; therefore, eczema is really a blood, or constitutional disease, and it must be treated as such.

The ordinary methods of treating this trouble, with outside applications alone, will in many instances be inefficient. I make this statement because such treatment simply heals the surface sores without removing the constitutional cause.

Naturally, in many cases, one cannot heal the inflamed surface no matter what drugs may be employed, and under such circumstances it is really to the advantage of the patient, for if these poisons are thrown into the general circulation, in many instances, they might be the cause of another disease far more serious in character.

Realizing, therefore, that this is a constitutional difficulty one may then proceed with a blood purifying process, commencing with Fasting Regimen No. 2. This fast should be continued from five to twenty days, depending altogether on the vitality and weight of the patient. If one carries considerable surplus weight, then a longer period would be much more satisfactory; though even when one is possessed of surplus fatty tissue, if the vitality is low a long fast must be taken with care. If one is under normal weight then a shorter fast would be more satisfactory, indeed necessary. The fast should be broken in accordance with the breaking-fast regimen adapted to the length of the fast.

In practically every instance I would emphasize the importance of following this fast with Milk Diet No. 32. The exclusive milk diet seems to be peculiarly advantageous in the treatment of this disease. I have seen dozens of cases that have been brought around by using the milk diet following a fast, wherein practically every known treatment had been used previous to trying this particular regimen.

When the skin is especially dry and unpleasant while tak-

ing this treatment, olive oil can often be applied with advantage. Sun and air baths are very highly recommended, and should be taken daily whenever possible.

Regularity of the bowels must be insured, and enemas can be used every other day in the beginning if there is trouble of this kind. In using enemas, however, gradually lessen the quantity of water each day that you may be able finally to compel the bowels to act without this particular stimulus.

Steam baths could be used two or three times a week to advantage in this disease. They are especially valuable while on the exclusive milk diet. Neutral baths (95 to 98 degrees F.) lasting from thirty minutes to an hour, could be taken daily while on the milk diet. Olive oil may be applied to the skin immediately after, if the water seems to leave an irritation.

Long walks are of special value and should be insisted upon, though while on the milk diet these walks should be confined to the early morning, previous to beginning the milk.

The principal aim while on the milk diet is to take as large quantities as possible, though the general rules indicated in Milk Diet No. 32 should be followed.

Care should, of course, be used in connection with friction or other baths to avoid irritating the inflamed surface. If one can recuperate quickly with a feeling of warmth from cold water, such baths could be taken to advantage, though I would reiterate that too much treatment must positively be avoided. When taking sun baths, whenever possible, a cold shower, or a cold immersion could be taken with advantage. For instance, if during the summer you have an opportunity to take a sun bath for a few minutes, then a bath in the ocean or lake, followed by another sun bath, and you go through this process two or three times each day, it would be greatly to your advantage. In connection with these measures, a general vitality-building regimen adapted to the strength of the patient should be followed. There is a form of eczema in infants, especially those bottle fed. Treatment is mainly constitutional.

Edema.—See *Anasarca*.

Elephantiasis.—A disease common in the tropics, rare in our country, characterized by enormous swelling of certain parts of the body. The disease is due to blocking of lymph-vessels and the resulting swelling is similar to dropsy but usually none of the vital organs are involved, the swellings may increase to a prodigious size without endangering life.

Treatment. Fasting Regimen No. 2, if followed for a sufficient period, will undoubtedly effect satisfactory results in this very peculiar disease. Dropsical swellings of all kinds are reduced very quickly by this radical measure, and the same results may be expected in this ailment.

Naturally any vitality-building measures that will stimulate functional activity will be of value. If one is strong enough to take exercise of any kind, a general vitality-building regimen adapted to his strength, and followed out daily while continuing this fast, will be of material benefit.

Day by day as the fasting regimen is continued the swelling which is associated with this disease will slowly but surely be reduced. Naturally as the swelling decreases, strength should increase, and as strength is gained general exercises of all kinds should be indulged.

The appropriate breaking-fast regimen should be adopted, followed by Milk Diet No. 32. If the patient has not the vitality to endure an extended fast in the beginning, then Fasting Regimen No. 7 should be adopted, though always paying especial attention to exercises of all kinds.

Physcultopathic Treatments F and G could be used, when strength will permit. When sufficient strength is not possessed to enable one to go through these treatments, then use Physcultopathic Treatment D. Or, if the patient is very weak, Physcultopathic Treatments A and B could be recommended. It is better to use the first mentioned, however, since they affect the lumbar region, thus influencing the spinal nerves controlling the swollen members. Massage of the affected part may be helpful.

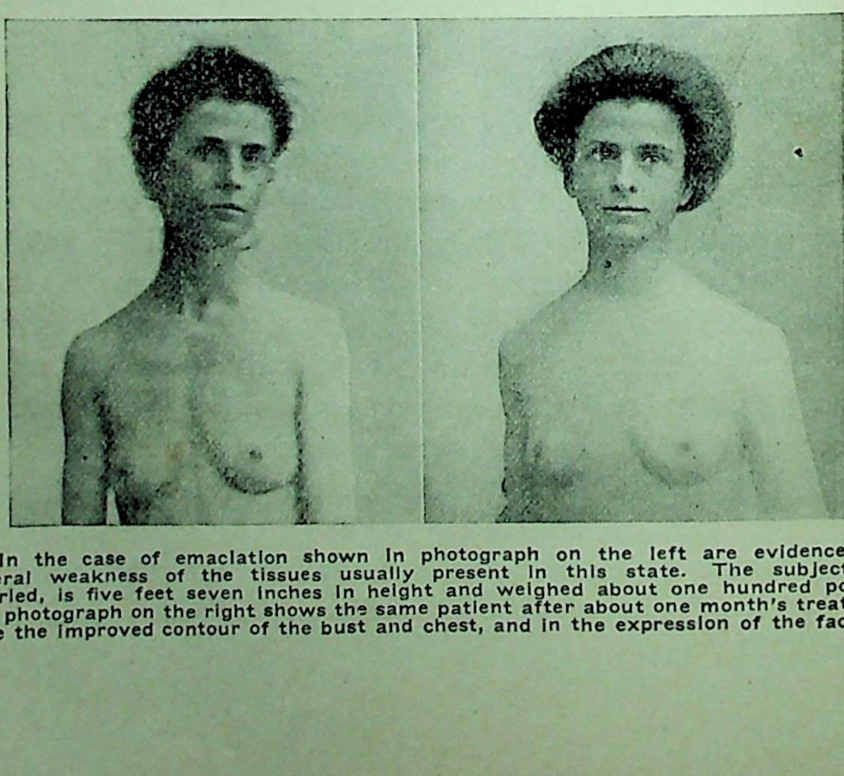
Treatment of the feet and legs by Mechanical Physcultopathy will also be of great advantage. (See Vol. III, p. 1513-1600.)

EMACIATION.—When loss of flesh becomes pronounced to the degree that health is seriously impaired, the condition is termed emaciation.

The emaciation which follows an acute attack of disease of any kind, when the ailment in question has been properly treated, is not of serious moment. With the return of appetite and digestive capacity the lost weight is quickly regained.

When, however, thinness gradually verges on an emaciated condition, the cause must lie in some grave constitutional disorder. The majority of maladies of a serious or mortal nature tend to produce emaciation as the ailment gradually progresses.

This condition naturally indicates functional disorders of some kind; the blood does not contain the elements that are necessary to nourish the body properly. As a rule, this condition is due to defective assimilation, though, of course, it can be due to a defective condition of any of the blood-making organs. Naturally, if it is due to some special disease, we must, first of all, treat the particular ailment which is apparently causing the emaciation. If, however, no special disease is indicated, then you can, as a rule, take it for granted that the disease is due to defective assimilation, and by treating it in



In the case of emaciation shown in photograph on the left are evidenced the general weakness of the tissues usually present in this state. The subject was married, is five feet seven inches in height and weighed about one hundred pounds. The photograph on the right shows the same patient after about one month's treatment. Note the improved contour of the bust and chest, and in the expression of the face.

accordance with the instructions which I will herewith suggest, you can depend upon a radical change for the better.

Treatment. In this disease, because of the peculiarly wasted condition of the body associated with it, fasting must be employed with very great care, though an absence from food for one to three days, even if the patient is greatly emaciated will be of decided benefit in practically all cases. One should



An extreme case of emaciation is shown in photograph of Mr. A. V. Westlake on left. The photograph on the right shows the same patient after a gain in weight of fifty-five pounds.

remember first of all that the stomach must be given a satisfactory rest if one is desirous of beginning a bodily renovating process. After a short fast the blood-making organs, in nearly every instance, begin their work in such a manner as to improve greatly the quality of this life-giving element.

This fast can be broken with Breaking-Fast Regimen No. 16, though the milk diet to follow is absolutely essential, at least for a reasonable period, say for one to two weeks, in order to insure results. It would be much better to continue this regimen as long as the patient gains in weight. If this is not possible, then the milk and fruit diet could be adopted, beginning with Milk and Fruit Diet No. 42 for two or three days, following with No. 43, 45, 46 or 47. Any one of these diets that may especially appeal to the patient can be followed, though as a rule it would be advisable when beginning any of these diets to follow that particular diet for one day, then change the next day if desired.

Where there is a radical defect in the assimilative powers it is sometimes necessary to repeat the fast after a time, or to adopt a series of fasts. Fasting Regimen No. 7 is often of special value for gaining weight, inasmuch as the system will form the habit of accumulating flesh in readiness for future fasting periods. This plan, combined with the milk diet in the intervening periods, and the other suggestions given herewith, offers one of the most certain of all methods of overcoming emaciation.

Special attention must be given to the general constitutional building up. Select the vitality-building regimen adapted to the strength of the patient and see that it is followed persistently each day. Remember, however, that while on the milk diet, the patient should exercise moderately only; in fact if the exercises were confined to the early morning, previous to beginning the diet, it would be much to his advantage.

A neutral bath of a half hour to an hour's duration should be given before retiring each night while on the milk diet.

A hot spinal pack could be given in the morning if one has

the time, and it is important that the patient live outdoors as much as possible.

Embolism.—(Obstruction in the blood-vessels.) A term applied to a thickened mass of fibrin lodged within a blood-vessel. This fibrin is derived from the plasma or fluid base of the blood. Fibrinous clots often form upon the diseased valves of the heart, and when torn loose they are carried by the blood-stream into arteries of smaller caliber, where they become lodged, producing an embolus. These clots of fibrin may also obstruct the circulation of the brain with the result that an apoplectic stroke may follow. (See *Apoplexy.*)

Treatment. The treatment is entirely constitutional in nature. If it should result in a stroke of an apoplectic nature, or heart difficulties should appear, occasioned by this complaint, then the regular treatment indicated for those particular troubles should be followed. However, one may depend upon a material improvement in the condition of the blood stream by adopting the general methods that we have advocated for the treatment of numerous diseases that depend upon vitality-building for their results. In this vitality-building process, naturally we would advise fasting for three to ten days, depending upon the weight and vitality of the patient. This fast can be broken by Breaking-Fast Regimen No. 16 or 17, depending upon the duration of the fast. Milk Diet No. 32 would be especially applicable in this particular difficulty, and after breaking the fast as directed this milk diet should be adhered to. If one is following an occupation where the ordinary milk diet cannot be followed, then Milk Diet No. 36, or the milk and fruit diet as outlined in No. 42 or 43 could be used, but one should remember that these will not be so satisfactory as the regular milk diet suggested.

Select a general vitality-building regimen adapted to the strength of the patient, as a means of adding to functional vigor.

Physcultopathic Treatments D, E, F or G could be used daily to advantage; more vigorous treatment to be adopted

in case one's strength is capable of properly recuperating from the efforts incident thereto.

In case of occlusion of an important blood-vessel causing serious disturbances in any part of the body, or danger to life, rest in bed, with the head elevated, may be advisable together with the fast. Mental repose and general self-control must be exercised. If there is serious local interference with the circulation in any part, except the head, giving rise to inflammation or a tendency to gangrene, then hot fomentations may be recommended, though in some instances alternate hot and cold wet packs or cold compresses, may be more effective. The proper treatment in this respect may be determined by the greatest relief and comfort afforded the patient by these measures, though the hot packs will usually be indicated.

EMPHYSEMA.—(Dilatation of the Air-Vesicles of the Lungs.) A peculiar disease of the lungs caused by chronic bronchial catarrh, asthma and certain forms of heart trouble. It may also be present in the organism of those whose occupation subjects the lungs to an excessive strain, such as glass-blowing, or the playing of a wind instrument, or performing any hard labor.

Emphysema is caused by loss of elasticity and contractile power of the air-vesicles of the lungs, and is produced by gradual loss of the vitality of the delicate lung tissues. The consequence is that the lungs remain permanently more or less dilated, with proportionate loss of breathing capacity.

The symptoms in mild cases are labored breathing. In its acute form, cough and intense oppression of the chest after exercise are the chief symptoms. The disease can often be recognized externally by the dilatation of the veins of the throat, which stand out like bluish cords, by the thickened and strained appearance of the muscles which support the head and by a greatly enlarged or barrel-shaped chest.

Treatment. The patient must above all be given the out-of-door treatment, or must be supplied with air that is identical to that which is found out-of-doors. This is the first and abso-

lutely essential element of the treatment. When indoors, the patient must encourage the presence of a draught. If possible the causative agent should be removed.

After one has been assured of a plentiful supply of pure air, then various methods must be adopted for improving the quality of the blood, and increasing the vitality of the patient. With this end in view, Fasting Regimen No. 2 could be adopted for one to five days, depending upon the general strength and weight of the patient. If by continuing this fast the patient seems to increase in strength, and the acute and unpleasant symptoms associated with the disease, disappear entirely, as will be the case in many instances, then the fast can be prolonged accordingly. Where there is no distinct loss in strength, and the pulse does not go below 60, one may always rest assured that the fast can be continued without harm. Adopt the breaking-fast regimen adapted to the strength of the patient and the length of the fast, and follow with the regular milk diet suggested therein. If it is difficult or impossible on account of your occupation to adhere to the exclusive milk diet, then Milk and Fruit Diet No. 42 could be used for two or three days; after which you could take your choice between Nos. 43, 45, 46 and 47, adopting whichever diet seemed to be most palatable.

As strength is gained an ordinary dietetic regimen could be adopted, though use the greatest possible care to avoid over-eating, and other dietetic evils.

Select a vitality-building regimen adapted to the strength of the patient and have him carefully follow the instructions therein day after day. This is most important because it is the constitutional improvement and the building of vitality that one must rely upon to build up the nervous system and overcome this disorder.

When there are acute symptoms of a distressing and unpleasant nature that need immediate treatment, the drinking of large quantities of hot water, and the application of very hot packs to chest and abdomen will always bring immediate relief. You can depend upon this in every instance

if the patient is supplied with a plentiful supply of outdoor air. Following this, cold chest and shoulder packs, renewed every half hour, will be of great benefit. In case of less severe inconvenience, the hot hand bath, immersing hands and forearms to the elbows in hot water, will give relief through the reflex effect upon the nerves concerned. The nervous system should be invigorated by Physcultopathic Treatments A, B or D, preferably the latter. If the difficulty is aggravated by a condition of general nervous excitement, then cold compresses to the head and cervical spine, or a full neutral bath of a half hour or an hour, will have the necessary quieting effect.

EMPYEMA.—See *Pleurisy.*

ENDOCARDITIS.—An inflammation of the endocardium, the membrane lining the heart. It is most frequently the result of rheumatism, gout, pneumonia, the poisons of venereal disease or other infectious maladies. In such cases the prior disease should be given attention. (See *Heart, Diseases of,* for methods of treatment.)

ENDOMETRITIS.—See *Metritis.*

ENTERITIS.—A disease of the intestines, sometimes associated with fever similar in character to dysentery or acute diarrhœa.

The disease is liable to attack any organism in which the hygiene of the digestive tract has been neglected, and the most general exciting cause is the drinking of impure or contaminated water, or eating unwholesome food.

Treatment. In this disease the free drinking of hot water is especially required, at least for the first few days' treatment. Full hot enemas (115 degrees F.) may be given each day, and should be continued until the diarrhœic movements disappear entirely.

Fasting Regimen No. 2 should be adhered to until the acute symptoms of the disease disappear. After this the greatest possible care should be used in selecting a diet which will agree with the patient. Unquestionably milk or sumik would offer by far the safer diet. When this is difficult to secure then Limited Diet No. 28 would be desirable, at least for

a short time. Following this, Limited Diet No. 26 or 27 could be continued for a few days, and solid foods that may be desired could be gradually introduced, though one should use the greatest possible care to avoid variety at meals. It is urgently important to thoroughly masticate all food, both liquid and solid.

Physcultopathic Treatments A and B or D could be used each day when the patient is confined to bed, but as strength is gained Physcultopathic Treatments E, F and G could be substituted with benefit. A daily hot abdominal pack would be of very great value in bringing relief. Hot spinal packs are also indicated, when Physcultopathic Treatments E, F and G are not used. When these treatments are used then the spinal pack should be omitted.

As strength is gained select the vitality-building regimen adapted to needs of the patient and have him follow closely the general instructions and exercises found therein each day.

The character of the drinking water is important, and if one cannot secure satisfactorily pure water in its natural state, it should at least be boiled, though distilled water is always preferred.

ENURESIS.—(Urinary Incontinence.) See *Bed-Wetting.*

EPIDIDYMITIS.—(Inflammation of the Testicle.) This disease is a complication of an acute attack of gonorrhea, though it may also result from a chronic condition of the same disease.

The attack, which is often rapid in origin, begins with a swelling of the testicle, intense pain and much heat. This may persist for weeks and functional disturbance follow, sterility being a not infrequent consequence.

In severe cases the swelling is liable to terminate in suppuration with the appearance of a fistula, becoming tubercular in character.

Treatment. The treatment that can be depended upon to bring almost immediate relief in this difficulty, consists of the alternate hot and cold sitz baths. If you have not the necessary conveniences for taking these sitz baths, then use two wash tubs,

in the manner described in the chapter on Hydrotherapy (Vol. III, p. 1480). Remain in the hot bath until the hips and adjacent parts are thoroughly heated, and then in the cold until the tissues coming in contact with the cold water have been thoroughly chilled. As a rule three or four minutes in the hot water, and one or two minutes in the cold water will be sufficient. This treatment should be adopted immediately upon the first appearance of the symptoms, and from three to five changes should be made, always using the cold water last. Great relief can be obtained by applying a proper bandage.

In cases where the pain is severe the patient could remain in the hot sitz bath for some time; hot cloths could also be applied to the affected part at other times. When the pain is not unusually severe, cold cloths could be applied with probably more satistactory results.

Constitutional treatment is most essential. When constipation is present, the bowels should be thoroughly relieved with a daily full enema. Fasting Regimen No. 2 should be adhered to while the acute symptoms are in evidence. These instructions are a very important part of the treatment. The water treatment will, of course, bring about results of a satisfactory nature even if some wholesome food be taken, but one can depend upon securing far more rapid results if the appetite is restrained entirely and the patient drinks freely of water. This water could be flavored with fruit-juice, salt or a small quantity of honey, provided it is not palatable otherwise. It is better, however, not to flavor it if it can be taken without.

As the patient begins to recover a general vitality-building regimen for increasing the energies and stimulating the functional activities of the body, will naturally be of very great advantage.

It may be necessary in severe cases to relieve the parts of all strain, and the wearing of a suspensory may then be recommended, but this should be discarded just as soon as it is possible to do without it. Treatment of the disease with which this is associated is, of course, necessary.

EPILEPSY.—A convulsive disease during the seizure of which the victim becomes unconscious. The attack is ushered in with headache and dizziness. Illusions are sometimes present such as the sensation of a current of air, or of a stream of water flowing over the body. Concomitantly with these symptoms the patient falls down in a violent convulsion, often foaming at the mouth, grinding the teeth, and biting the tongue. The face is flushed, the eyeballs roll and respiration is labored. The seizures are generally of a few minutes' duration, occurring once in a few days, or even daily, or once in several months. As the disease progresses it may develop into maniacal frenzy.

The cause of this particular disease is enwrapped in mystery. There are numerous theories, but no definite conclusions reached.

Treatment. Though I can point to few cases of epilepsy that have been cured by our methods, nearly every case treated has indicated marked changes for the better. The purpose to be kept in mind when one is suffering from this disease is to develop the body to the very highest state of physical efficiency.

A fast may be adopted to begin this general body-strengthening regimen, though it is by no means absolutely necessary. It is well, however, to keep in mind that in nearly all epileptic attacks, there are associated with it a certain amount of digestive disorders, and an attack in many instances is preceded by an abnormal appetite and habitual over-eating.

One of the very first requirements in treating this ailment, therefore is to adopt some method of controlling the appetite. This is one of the diseases where my experience seems to indicate that the milk diet is not altogether advisable. A partial milk diet can sometimes be used to advantage, though the full milk diet in practically every instance would greatly aggravate the trouble. It will sometimes increase the number of attacks and will also add to their severity.

In handling a patient suffering from an acute attack, little can be accomplished further than to protect him from harming

himself. For instance a piece of lead pencil, a piece of wood, or any other convenient small object, should be placed between the teeth, to prevent biting the tongue. Beyond this, and insuring a plentiful supply of fresh air for the patient one can do but little. Of course the clothing should be opened about the chest and neck if it is restricting the body to the least extent, and everything done to make the patient comfortable.

If the patient does not return to consciousness very soon after the beginning of the attack, hot spinal packs can be used, though as a rule these will not be necessary.

Adopt Fasting Regimen No. 2 for one or two days, followed by a diet the purpose of which is to keep up the strength and general endurance. If the patient should fall several pounds below his previous weight, do not be alarmed about this in the least, though if he begins to notice a decrease in strength, then, of course, it would be necessary to increase the diet.

It is not of very great importance what limited diet is selected, provided the food is palatable and contains nourishing elements, such as are necessary fully to supply the body to make up for the waste occasioned by the complaint. It might be well to vary this limited diet between Nos. 22, 23, 24 and 27. After experimenting with these diets for several days, or after having noted a material decrease in strength, Limited Diets No. 30 or 31 could be followed.

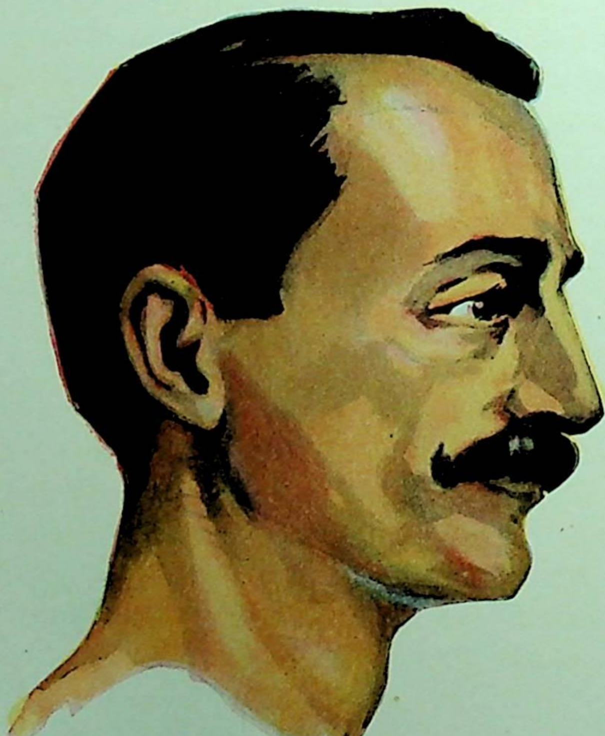
In the treatment of this disease, I would say that the most important feature consists of the proper dietetic restriction. Next are exercise and the general habits of life which are essential to add to physical and vital vigor. Therefore, the patient should select the vitality-building regimen adapted to his individual strength and follow out the instructions found therein in detail. An outdoor life is almost imperative for the best results. Deep breathing exercises are likewise very important and should be made a habit.

Excitement should be avoided. Unusual nervousness may precipitate an attack, and should be relieved by cold compresses to the cervical spine. Special attention should be given the bowels, if costive. (See *Constipation.*)

PLATE E—Erysipelas and Jaundice



Erysipelas.



Jaundice.

Appropriate stimulation of the nervous system will be of special benefit in combating a nervous disorder of this character, and for this reason I would advise Physcultopathic Treatments C, D, E or F, according to the strength of the patient, or Treatment G, if he cannot enjoy the advantage of intelligent assistance. In connection with all of these treatments the hot towel application to the spine should be used.

For convulsive seizures arising from causes other than epileptic, see *Convulsions, Eclampsia* and *Uremia.*

Epistaxis.—Nose Bleed. See *Nasal Diseases.*

Eructation.—Emission of wind from the stomach caused by gastric disturbance. The gases expelled are the product of fermentative and putrefactive processes and are the premonitory warnings of future stomach and intestinal trouble.

Treatment.—Attacks of this nature can nearly always be remedied by drinking one or two glasses of hot water. If this does not bring results then increase the amount of water.

It should be remembered, however, that symptoms of this kind indicate, in practically every instance, that one is eating beyond his digestive capacity. If one does not offend in this respect and will keep the digestion in perfect condition, he can depend upon the acquisition of superior health.

A general vitality-building regimen adapted to one's needs, together with a strict diet, such as is indicated in Fruit Diets Nos. 77 and 78, could be followed for a few days with advantage if there is any decided digestive weakness or disorder. After this try to avoid eating too many varieties at a meal. Masticate the food thoroughly, and select such foods as insure ready activity of the bowels, and you will find relief.

Eruption.—See *Skin Diseases.*

Erysipelas.—(Rose Rash.) A contagious disease of the skin which may attack large areas of cutaneous surface, with the usual signs of inflammation—swelling, redness and heat. The invasion of the disease is characterized by a rapid rise in temperature, whilst the skin eruption—in default of any exciting cause elsewhere—begins to appear, generally upon the cheeks and forehead. The tissues swell, the skin becomes

tensed, and within twenty-four hours all the symptoms are well marked. As the disease extends, the affected parts lose their redness and the swelling diminishes. The face generally is the part most affected, often being swollen to the degree that the eyes are completely closed. With the poisoning of the blood delirium may follow and this stage becomes critical. Generally, however, the disease is easily tractable to constitutional treatment.

Treatment. The hot and cold hip pack should be a daily part of the treatment in this disease. If there is fever the pack should be cold and if the patient is of normal temperature, or inclined to be chilly, then the pack had better be hot. The free drinking of hot or cold water should be encouraged at all times. If the bowels have not been moving regularly the enema should be used, though if the patient should notice an especially weakening influence as the result of the enemas, then they should be discontinued, or else a very much smaller quantity of water be used. Radical eliminative measures must be adopted in the treatment of this disease. Wet sheet packs should be given in the morning, and Physcultopathic Treatment D or E could be given in the afternoon. If the patient is very weak D could be used; if stronger, E would be more satisfactory. If the patient seems to be too weak even to attempt the movements indicated in Treatment D, Treatments A and B should be employed instead.

An absolute fast is to be insisted upon while the acute symptoms of the disease are in evidence, using Fasting Regimen No. 3. As a rule under this particular plan of treatment, the patient will begin to recover in a short time, from the fourth to the seventh day of the treatment. In fact I have seen very serious cases of this ailment, in which the patients went about their ordinary duties on the seventh or eight day after the first signs of the attack, though on the third and fourth days of the attack there had been so much swelling that the faces would appear like the uneven surface of an elephant's hide.

The fast indicated for this disease can be broken with fruit-

juices of various kinds, after which Milk Diet No. 32 should be followed. When the milk diet is begun, the faster the patient can increase the amount of milk used the more quickly will he recover.

I would especially recommend that the patient be encouraged to sit up and walk around as soon as sufficient strength appears. Such exercise seems to facilitate recovery greatly. Indeed, on one occasion, on the fifth day of a very serious case of this kind, I advised a long walk, the patient being in bed at the time. The walk was attempted, and although the patient felt very weak in the beginning, was continued with the result that there was a very marked improvement in the strength of the patient upon returning. Consequently, the walks were continued each day thereafter, and instead of lying in bed for from three weeks upward, this patient was practically well in six or seven days.

As the patient recovers, naturally a general vitality-building regimen adapted to his needs should be adopted and followed out with a view of more quickly developing normal strength.

Milk and Fruit Diet No. 43 or 46 could be used in accordance with one's desire after the regular milk diet. The patient should have out-of-door air or its equivalent at all times, day and night. If a special wash is desired the affected surfaces may be washed with peroxide of hydrogen or boric acid. However, if our instructions in regard to wet sheet packs are followed, no such special wash will be necessary.

Eustachian Tube, Catarrh of.—The eustachian tube is a funnel-shaped channel leading from the nares or nasal passage into the middle ear. A severe cold may, by the internal catarrhal condition, produce a temporary occlusion, thus leading to deafness. An inflammatory condition of the middle ear is also likely, when it subsides, to leave the tube in a more or less catarrhal condition. (See *Diseases of the Ear; Catarrh.*)

Treatment. I consider catarrh a constitutional disease; therefore the treatment of catarrh in the eustachian tube would be almost identical to that advised in catarrh of the nose and

throat. The only difference would be that in the treatment of a difficulty of this kind, a more strict regimen is usually required. In other words, the fast should be materially lengthened, and if anything the diet should be more limited in character. I would say, however, that if the disease is not of too long duration, the very important symptoms associated with it in the form of deafness can be remedied in practically every case. I have known cases of long duration that have been cured by our methods.

In connection with the special treatment for blood purification, a general vitality-building regimen should, of course, be adopted and adhered to strictly day after day.

The power of hearing is one of the most valuable that we possess, and one can rest assured of a definite and permanent cure of this very serious difficulty when caused by catarrh of the eustachian tube, when the disease has not continued too long if he will follow a strict regimen for a period that is necessary to purify the blood, and thus remove from it all catarrhal poisons.



Characteristic appearance in exophthalmic goiter.

EXCITEMENT. — See Volume III, pages 1437, 1669-71.

EXOPHTHALMIC GOITER.—A species of goiter which is accompanied by a marked protrusion of the eyes. Concurrently with this symptom the heart's action becomes erratic and disordered and the hands begin to tremble. It is usual to find it occurring in several members of the

same family and is invariably preceded by either severe disease of some kind, great mental strain, or a condition of general debility. The disease develops slowly and though difficult to recognize in its early stages, easily becomes apparent by the enlargement of the white of the eye. Serious mental and nervous symptoms appear as the complaint progresses, which when neglected terminates in death.

Treatment. All of the especially dangerous or unpleasant symptoms associated with this disease will disappear in practically every instance under the influence of our methods of treatment. We look upon this ailment as a disease of the blood, and we therefore adopt a process essential for renovating and strengthening the entire physical organism. The first requirement, therefore, is a complete fast, and I would recommend Fasting Regimen No. 4, though if one has not expert advice to follow in the fast day by day, it would perhaps be safer to follow Fasting Regimen No. 2, adhering to the fast as long as it is not productive of the distinct discomfort associated with unusual weakness. If one possesses normal weight and fair vitality, the fast can be continued from ten to twenty days. The especially gratifying feature of fasting for this ailment, is the almost immediate cessation of many of the unpleasant symptoms connected with it. Day by day, as the fast is continued, a gradual improvement will be noted, and it is, therefore, advisable as a rule to continue the fast as long as possible without serious loss of strength. This fast can be continued as long as one is able to be up and around, provided the pulse does not go below 40, or does not remain much beyond normal. Such symptoms are not necessarily signs of danger, though if one is attempting to conduct the treatment of his own case, as a rule it is safer to break the fast at that point.

If the fast is not continued very long it would be exceedingly advisable to adopt a limited diet thereafter for two or three days. This diet could be selected from No. 20, 25 or 29. After which I would advise Milk Diet No. 32 to be continued as long as the patient gains in weight. After this Milk and Fruit Diet No. 43 or 45 could be used in accord-

ance with one's taste. If one should continue the fast for a fairly long period, then follow the instructions found in breaking-fast regimen adapted to the particular length of the fast, going on the milk diet as suggested. If it is impossible to go on the strict milk diet then Milk and Fruit Diet No. 43 or 46 could be used. Though remember that an exclusive milk diet would probably be more advantageous in practically every case.

Physcultopathic Treatments F and G could be used with advantage in this particular ailment, and if they were taken daily one could depend on more satisfactory results. These treatments could be given even while the fast is being continued, until a distinct weakness is noted as the result of the fast, when Treatments B and E could be used instead. Invigoration of the nervous system is exceedingly important.

While following the milk diet one could exercise from thirty minutes to an hour before retiring, though before beginning the diet in the morning, considerable vigorous exercise, including walking, could be indulged in.

It is important, however, not to carry the exercise beyond the limits of a moderate fatigue. There should be no sense of nervousness or trembling after the exercise. If so, the amount should be reduced or it should be confined to walking, Aside from this exercise, the patient should relax as much as possible.

After discontinuing the milk diet select a general vitality-building regimen adapted to the strength of the patient, and have him follow it out daily. The greatest possible care must also be used to avoid over-eating. There is no particular harm in taking large quantities of milk as it seems to flush the system with a superior quality of nourishment, materially assisting in the cure of the disease. Other foods, however, under such circumstances should be used with extreme moderation. The less one can eat and keep up his strength, the more quickly will he recover.

The patient should live out-of-doors if possible, or at least should have all windows wide open when indoors. Country

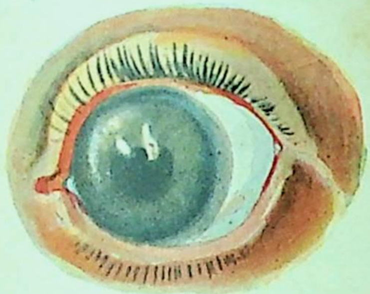
PLATE F—Eye Diseases



Stye on eyelid.



Granulated eyelid (trachoma).



Ox-eye.



Aggravated stye on upper and lower lid.

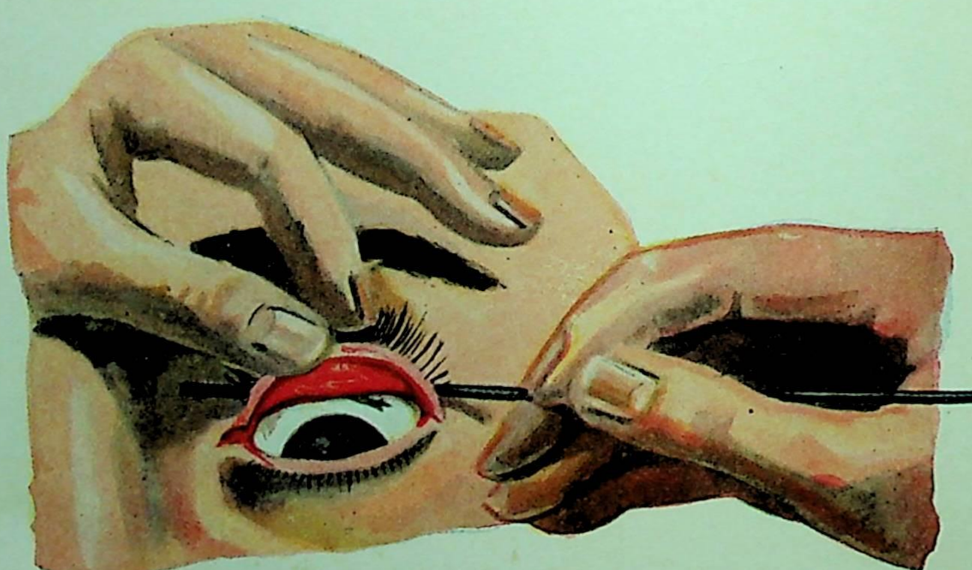


Illustration of convenient method of removing foreign object from eye. The eyelid may be rolled back over a large darning needle, toothpick, or similar article (in this instance a twig), and the eye thus exposed.

life is especially to be recommended in connection with this disease. Sleep is important and the patient should get as much of it as possible.

Expectoration.—Mucus or fluid matter from the lungs and air passages, expelled by coughing and spitting; the act of spitting. See *Cough, Consumption,* etc.

Eye, Diseases of.—Diseases of the eye are of two kinds: external and internal. The chief disease of an external nature is that known as

Catarrhal Conjunctivitis or simple catarrh of the eye. This ailment is exceedingly common in large cities and is largely the result of external irritants such as dust and smoke particles. In nature it is comparatively harmless and is characterized by a redness of the eyelids, much local irritation and tearing of the eyes. The eyelids are more or less glued together on awakening.

Granular Conjunctivitis is an aggravated form of the simple cataarhal condition. Violent inflammation of the membrane of the eye, which is covered with numerous nodules, is the principal characteristic. When neglected the eye may become ulcerated with grave danger to sight.

These two forms of eye trouble are chiefly due to lack of personal cleanliness.

Purulent Conjunctivitis, is often found in the case of the newly born. The discharge, at first watery and then creamy, becomes increasingly purulent. The membrane of the eye and the eye itself swell and there is intense pain. This trouble is brought on by a gonorrhœal infection from the mother at the mo-



A glass eye-cup is frequently used for bathing the eyes. Tilt the head slightly backward, eye upturned, and carefully bring cup to the open eye.

ment of birth, against which the attending physician or midwife should carefully guard.

Iflammation of the Cornea, as in the case of the external eye, may be simple, or purulent in nature. It is accompanied with marked redness of the eye, much pain and secretion, whilst the external transparent membrane becomes slightly cloudy. When this condition degenerates into a purulent discharge, there is grave danger to the vision.

Inflammation of the Iris is another disease to which the eye is liable. Its characteristic symptom is a dread of light coupled with a piercing pain in the forehead. The eye becomes red. Neglect of this condition may result in total blindness.

Treatment. That the reader may understand my suggestions in reference to the methods that are to be adopted in the treatment of diseases of the eye, accompanied by inflammation, I will divide them into two classes, chronic and acute.

In acute cases the fasting regimen will assist very materially in bringing about quick and certain recovery. Fasting Regimen No. 3 would be the best for this purpose in most cases. This fast can be continued for several days, or until the discharge has nearly ceased. The eyes should be cleansed thoroughly twice a day with a fairly strong solution of salt and water, either using an eye cup or else by immersing the eye in a bowl of water, in which has been dissolved previously a small handful of salt. In some instances a very mild antiseptic wash is advised, boric acid usually being



A simple method of bathing the eyes. Hold the breath, immerse face in water and open and close the eyes several times while under water.

preferred. This is especially indicated where one's general physical condition is not of a nature to expect quick results in the body purifying process. Almost any druggist can supply an antiseptic wash that would be suitable. This wash can take the place of the salt water eye bath when it is used.

Any general regimen that one can adopt with a view of increasing functional activity and thus improving the general health during this acute attack, will naturally be to his advantage. Exercises of various kinds, long walks, and any means of actively arousing the circulatory system and depurating functions, will materially increase the speed of recovery.

The above instructions more especially refer to inflammation of the eye, accompanied by a discharge of pus or mucus. Very often on arising in the morning the eyelids will adhere because of the sticky quality of the pus that was discharged during the night, and this will naturally require the wash referred to, either of salt water, boric acid or other mild antiseptic material.

Chronic inflammation of the eye should be treated constitutionally. Naturally it will be of advantage to cleanse the eye once or twice daily with a salt water eye bath, such as has been previously described, but beyond this one can expect results only as the eye is affected by constitutional up-building.

In beginning this process it would be well to follow Fasting Regimen No. 2 for two to five days, then adhering to the instructions given in Breaking-Fast Regimen No. 16. It would be much better to use the milk diet thereafter, at least for a short period, if at all possible. If this is difficult then Milk and Fruit Diet No. 42 could be followed two or three days, after which you could take your choice of No. 43 or 47: in fact, these two diets could be used alternately for one day each, if found to be appetizing. If for any reason this diet is difficult to follow, then Combination Milk Diet No. 72 or 74 could be used, as the appetite may dictate.

Select the general vitality-building regimen adapted to the strength of the patient and carefully follow the instructions outlined therein day after day. Outdoor life and plenty of

sleep are to be insisted upon. Physcultopathic Treatments B, E, F and G would no doubt be of value, and one of these treatments can be given each day to advantage.

Any straining of the eyes should be absolutely avoided in connection with either acute or chronic diseases of these organs, but especially in acute attacks. One should rest the eyes, so far as possible, as regards reading and work that requires close scrutiny. It is not usually desirable to keep them away from the light except where there is pain or discomfort in exposure to light. This is a matter easily determined by the patient. Electric light is somewhat harsh, and sometimes irritates the eyes. An old-fashioned oil lamp may be more satisfactory.

EYELIDS, GRANULATED.—See *Granular Conjunctivitis* under *Eye, Diseases of.* See also *Sight, Disturbances of.*

EYELIDS, TREMBLING OF.—This physical disturbance is often present in the case of young children afflicted with one of the forms of conjunctivitis. It is, however, more constitutional than local in character, and nervous in origin. This affliction often takes the nature of a mild spasmodic affection.

Treatment. The symptoms associated with this disorder can be effectively eradicated only by constitutional upbuilding. They indicate simply a defective condition of the nervous system which can be influenced only through a very marked improvement in the quality of the blood. As it is difficult for children to fast with any degree of comfort, I would advise in this particular instance that Fruit Diet No. 75 be used for two or three days; Fruit Diet No. 77 for two days; after which Fruit and Milk Diet No. 42 could be used for one or two days, and following this No. 43 or No. 46 could be adopted.

The child should, of course, be encouraged to stay out-of-doors all the time or as much as possible, and every measure that will add to the general vigor and vitality should be adopted. Physcultopathic Treatment F can be especially recommended by way of adding to these vitality-building processes. This treatment should be given daily.

A daily dry friction bath, followed by a cold bath should also be used. If the child plays out-of-doors a great deal, no

other exercise would be needed. If it does not have this advantage, then some special exercises should be given for using all the muscles of the body at least daily. Remember, however, that active play is the child's natural exercise and should be indulged freely at all times. The coddling habit which is commonly practiced in the care of children has a very detrimental influence upon their vitality.

It is far better that your child acquire a few of the verbal vulgarisms, and with them the vigor and vitality which should go with normal childhood than that you should keep him in the house with a view of avoiding such deteriorating mental influences, thus preventing development of health and strength.

Trembling of the eyelids sometimes manifests itself in the case of adults, but it is always of nervous origin and requires constitutional measures for building up the general health, and with it, naturally, the nervous system.

Eyelid, Stye On.—A boil on the eyelid, or inflammation of the connective tissue of the lids, near a hair follicle. Constitutional treatment necessary along the lines described in connection with treatment for *Eye, Diseases of,* (which see.)

Facial Paralysis.—Facial paralysis is produced by injury to the nerve of the face which controls the muscles of the cheeks, eyelids, lips and chin. The result of this lack of muscular control is that one side of the face becomes completely distorted. The mouth often droops, nearly all movement of the lips is lost and speech often becomes difficult and impossible. This form of paralysis is often an after effect of an apoplectic stroke (see *Apoplexy*) though at the same time it is possible for it to appear without any other exciting cause than, apparently, exposure. If due to syphilis or disease of the middle ear, the primary disease must be given attention.

Though there may be local causes of more or less importance in producing this particular ailment, one may be absolutely certain that in the beginning it comes from depleted vitality. The cause of this depletion may be any form of dissipation or excess. Not infrequently gluttony is a prominent cause, especially when animal food is used in large quanti-

ties, and when alcoholic liquors are freely indulged in. In short, the exciting local cause is only incidental.

Treatment. As the cause of the disease is constitutional the treatment should therefore have for its object the purification of the blood stream and the building up of general vitality. This should be begun with Fasting Regimen No. 2, which should be continued for as long a period as the patient can adhere to it comfortably. The fast can be broken in four or five days, or it can be continued fifteen or twenty days, or even thirty days, in cases where the patient carries considerable surplus tissue. Keep in mind the fact that surplus tissue is nothing more than stored nourishment, and that it can be used to supply the strength of the body when fasting just as well as food in the stomach.

In many instances of facial paralysis the outer symptoms of the disease will disappear during the fast, though naturally this cannot be promised in all cases. This can usually be depended upon, however, if it is an acute attack; that is, if the disease has not continued for a long period. When it is chronic in nature, and the symptoms are of long duration, then you can hardly expect to notice an unusual change for the better during the fast. If while continuing the fast the acute symptoms disappear, naturally the fast can be broken at this time.



Right-sided facial paralysis showing features drawn to one side.

The fast should be broken in accordance with the breaking-fast regi-

men adapted to the length of the fast. The milk diet is indicated in practically every instance and should be followed for a considerable period after the fast, or at least until the weight that was lost during the fast is regained. If the assimilation is especially good and milk is inclined to increase the weight materially, then Fruit Diet No. 79 should be used for a few days, after which Cereal Diets Nos. 81 and 83 could be used. In taking up and continuing your regular dietetic regimen be careful to avoid too great a variety at any one meal; if satisfied with two or three articles of food, then do not use more and observe the greatest care to masticate thoroughly.

Physcultopathic Treatments F and G would be especially valuable in this particular ailment. It would be much better to have the treatment given by an assistant as is described in Treatment F, if possible; though if this cannot be done, then treatment G could be substituted. The hot spinal pack given with these treatments is especially important.

Select a vitality-building regimen adapted to your particular strength and follow the instructions found therein day after day, carefully and persistently. This is especially important. In fact long walks would assist materially in adding to one's vitality and general vigor, with a view of remedying difficulties of this kind.

Hot foot bath, hot enema. Hot poultice over face. Hot drinks and hot spinal pack.

Though the constitutional treatment is the essential and all-important factor, in some cases local treatment in the way of hot wet cloths or alternate hot and cold wet applications will sometimes be of advantage.

If the bowels are not active, hot enemas should be used two or three times a week. Fresh air is most important.

FAINTING.—A sudden loss of consciousness, the result of an inadequate supply of blood to the brain. It commences with dizziness, a ringing of the ears, and an inability to recognize one's surroundings. The attack may be serious or slight and is indicative of constitutional disturbance.

Treatment. These symptoms can in nearly all cases be

relieved by moving the patient quickly to an open window, where a plentiful supply of fresh air can be secured and laying him down flat with head lower than extremities. If this is not effective, then dash cold water on the face and open any clothing about the neck, chest and waist which may in the slightest degree interfere with proper breathing. As a rule you can depend upon bringing the patient back to consciousness by following these suggestions, though if it is not accomplished, then lay the patient where a free supply of pure air can be secured, and follow the instructions given in Physcultopathic Treatment A with a view of stimulating the nerve centers. If this does not bring results give the patient a hot spinal pack, after which a complete rest for a period would be advised. Hot applications over the heart are also effective, as a vital stimulant in an extreme case. The extremities should be made warm, and rubbing the limbs would be helpful.

FATTY DEGENERATION.—A deterioration or degradation of the cellular or molecular structure of a tissue or organ, in which the proteid material is converted into fat, with the result that the organs or cells concerned can no longer perform their functions. It may affect any part, tissue, or organ of the body, and is the result of defective nutrition, poor circulation, impure blood and lowered vitality. The degeneration of the cells or fibers can be arrested only by such constitutional treatment as will restore tone and vigor to all parts of the body. The general regimen given elsewhere for Vital Depletion is suggested. Atrophy is another form of degeneration.

FAVUS.—A disease of the skin of a parasitic nature. The part affected is generally the scalp. It is characterized by irritation followed by the appearance of a thick, scaly crust which involves a greater or less area. When the hair falls off, smooth bare patches are left. Usually the temples remain unaffected.

Treatment. By thoroughy cleansing the affected part with soap and water once daily, this disease can be remedied, especially if general constitutional methods are adopted, with a view of purifying the blood stream. If this does not bring de-

cided improvement after a trial of a few days, then it would be a good plan to apply sulphur moistened with olive oil once a day immediately after having washed the affected part with hot water and soap. Sulphur will usually kill the parasite associated with this disease, and recovery thereafter should be rapid. In stubborn cases, the hair at the seat of the disease should be extracted, and the above treatment continued.

Fruit Diet No. 78 will be a very satisfactory dietetic regimen to follow in connection with the treatment of this particular ailment, though if the body is under normal weight, indicating a lack of assimilative power, Milk Diet No. 32 would be still better. Any measures which would add to the general vitality, such as are indicated in the vitality-building regimen adapted to the strength of the patient, would be of considerable help.

FECAL VOMITING.—This terrible symptom is liable to occur when the intestinal tract is wholly occluded, as for instance, in strangulated hernia. It is a symptom of grave moment, in some cases possibly necessitating surgical interference.

The attention of an expert is urgently advisable in a case of this kind. Its very serious character indicates that a slight mistake would probably end in death.

Treatment. Deep abdominal massage may sometimes be of value, though often this would not be allowable because of the severe inflammation in this region. Full enemas once a day are especially recommended, and following each of these enemas, if one or two quarts of water are injected into the rectum and allowed to be retained it will be of advantage to the patient. Unless it seems to aggravate the symptoms, the drinking of large quantities of hot water is recommended, as this will very often assist in remedying the particular defect which is the cause of the trouble.

Naturally, if the symptom is caused by strangulated hernia no results could be expected until this had been remedied. When strangulation of this character takes place, surgery is often demanded. It seems hardly necessary in cases of this kind to recommend a complete fast, for anyone can understand

that nourishment under such conditions would be productive of injury. Hot abdominal packs lasting for two or three hours can be used in some instances with advantage. Hot spinal packs are also of value. Physcultopathic Treatments D and E could be used in some cases advantageously, provided the patient is strong enough to recuperate therefrom. If the patient is not strong enough, then Physcultopathic Treatments A and B could be used instead, with a view of stimulating the nerve-centers, and in connection with the hot spinal pack.

The greatest possible care must be used in the diet of the patient recovering from a disorder of this kind. A very much safer plan after the immediate difficulty has been overcome would be to adopt an extremely limited diet, at least until the appetite begins to manifest itself vigorously. For instance, Limited Diet No. 20 or 21 could be used with benefit or Nos. 27 and 28 would furnish splendid dietetic regimens. After recovery has been definitely established then Milk Diet No. 33 could be followed. This would, without doubt, bring about the return of normal weight and strength more quickly than any other dietetic regimen. Following this also the patient should adopt a suitable general vitality-building regimen. See also *Rupture* for subsequent preventive treatment of strangulated hernia, in case the fecal vomiting is the result of this condition.

FEET, ACHING.—See Vol. V.

FELON.—See *Whitlow.*

FEVER.—A rise of the temperature of the body above the normal (98.6 degrees F.).

Fever is a symptom, since it is simply Nature's method of eliminating poisons from the body, and should not necessarily be looked upon as a sign of danger, unless the temperature should go beyond 103 or 104 degrees. It is always well, however, to assist the vital organism whenever possible in its cleansing process. Cold wet sheet packs, for instance, taken daily, may be depended upon to assist greatly, not only in reducing the fever, but in the poison-eliminating process.

Treatment. One of the first things to do in connection with this eliminating process is the cleansing of the alimentary

canal, and moderately full enemas should be given once or twice each day for this purpose. In case of very high fever these may be given cool, thus serving to reduce the temperature at the same time that they purge the colon of its contents.

In case of severe chill preceding a fever or alternating with it, the enema may be hot. In such cases, also, the extremities should be made warm. Sometimes a disorder of this kind may be checked at its inception by a good sweat bath, if the patient is strong enough to take one, using either a steam cabinet bath or an improvised sweat bath consisting of a hot foot bath while covered with warm blankets. If the skin is hot and dry, then perspiration may be induced by the cold wet sheet pack, but in a case of chill a hot blanket pack would be effective. As a rule, however, when fever sets in it is continuous, and may be treated according to the following suggestions:

It is especially important that the patient be insured a free supply of fresh air, as a large quantity of oxygen is absorbed and used in the organism under such circumstances. The outdoor treatment, such as is used ordinarily with consumptives, is perhaps just as important in any case of fever; in fact, there are many cases in which there is no doubt that patients who have succumbed to fevers of various kinds could easily have been saved had they been supplied with fresh, pure air. The common idea that a draught represents a serious danger in this ailment is entirely erroneous and has sent unnumbered sufferers from this form of ailment into premature graves. It is indeed an excellent plan, when the fever is soaring beyond normal limits, to remove all covering from the body and allow the patient to have a complete air bath, and if this air bath is given in what is ordinarily termed a draught, which by the way is nothing more than a friendly current of pure air, so much the better for him. Do not think, however, that one can expose the body in this manner without ill results if the patient finds such exposure uncomfortable. For instance, your patient is, as he would term it, burning up with a fever; you remove the bed clothing; you expose the body to the air, and the patient has a feeling of greater bodily comfort

as the result of such exposure. Under such circumstances you may be definitely assured that such treatment will be of decided benefit; though the very moment that the slightest discomfort begins to ensue as the result of such exposure, the body should be covered again.

Though cold water baths are used in nearly all cases to allay high temperatures, even by many of our modern medical practitioners, air baths such as I have mentioned are just as valuable for this particular purpose. In a very high fever, the wet sheet rub, the dripping sheet or evaporating sheet, may be desirable.

Fasting Regimen No. 3 while treating a disease of this nature is a very important feature. No food of any kind should be given to one suffering with a fever. The only exception might be a small quantity of acid fruit or acid fruit-juices, such as those of the orange, apple or grape. The patient should especially be encouraged to take large quantities of water. This water may be flavored with lemon juice or salt as the patient may desire, and can be taken hot or cold as preferred. When the fever is high the patient will nearly always prefer cold water, though in various cases where the symptoms alternate between chills and fever, the patient will naturally prefer hot water when the body is chilly, and it should be given very freely at such times.

As the fever begins to break and the appetite asserts itself, one then comes in contact with phases of the disease that require very great care in dietetic restrictions.

Partial Fasting Regimen No. 9 could be used for a day or two, and Fasting Regimen No. 10 could be adopted for one or two days, perhaps following this with Limited Diet No. 20, 21 or 22 for two or three days, after which the ordinary diet could be gradually assumed. Remember, however, that over-feeding at this period will offset all that you may have accomplished heretofore, and that it is far better to under-feed, for the result of under-feeding at the worst will simply delay the patient in regaining strength, while over-feeding may in some instances cause death. (See also Vol. III, p. 1662.)

FILARIASIS.—See *Tropical Diseases.*

FISH-SKIN DISEASE.—(Ichthyosis.) An excessive dryness of the skin is the chief characteristic of this disease, fissures appearing upon the upper layer. The surface of the cuticle becomes green in color, glistening and shiny and commences to fall off in small round scales. The natural fat of the skin is entirely absent and thus it becomes rough and lusterless. Though the disease is extremely repellent, like all other ailments of the skin, there is no danger attached to it, and it is readily amenable to proper treatment.

Treatment. Although local applications may be of value in moistening and softening the skin, with a view of adding to the comfort of the patient, the general treatment of this complaint must be largely constitutional. The impurities which are seeking an outlet in the unpleasant symptoms associated with this ailment must be eliminated in some other manner.

Perhaps the most satisfactory local application that could be used as a means of moistening the skin is olive oil and this should be applied in most cases.

The blood-purifying process may begin with Fasting Regimen No. 2; this should be continued as long as the vitality and the strength of the patient will allow. In fact, if this fast is adhered to until any inflammation associated with the disease has entirely disappeared it will be distinctly to the advantage of the patient. In some instances, however, this may take from fifteen to thirty days, although I would add that it is not positively necessary to continue the fast for this length of time.

The diet which is recommended, following the fast, has a remarkably purifying influence upon the blood, and in many instances the real benefit of the fasting regimen is not definitely noticed until after one has continued this diet for several days. I would advise the breaking-fast regimen adapted to the length of the fast, though the exclusive milk diet is absolutely insisted upon in this particular disease. If the occupation is of such character that this diet cannot be adhered to in half-hour meals as recommended in Milk Diet No. 33 then I would rec-

ommend, that the instructions in Milk Diet No. 36 be followed, increasing the quantities suggested in this diet as much as possible, with a view of flushing the system very thoroughly with this wholesome and vitality-building nourishment. This flushing of the system is especially essential in this particular difficulty, if one is desirous of securing quick results.

A daily wet sheet pack is specially recommended in this ailment as a means of assisting in the elimination of the impurities. A wet sheet pack can be taken every day during the fast provided it is not too weakening in its influence, otherwise every other day, with each bath of shorter duration. When the fast is broken the packs should be replaced by a neutral bath (98 degrees F.), which is described in detail in connection with the milk diet. (See Vol. III, p. 1749.) The olive oil should be applied freely immediately after this neutral or warm bath, while on the milk diet, and immediately following the wet sheet pack when fasting.

Physcultopathic Treatments F and G would also be of special value, though as strength is gained considerable vigorous exercise can be added. These exercises, however, while on the milk diet, should be taken in the morning before beginning the consumption of milk, though after discontinuing this diet they can be taken at any time during the day or evening. After discontinuing the milk diet Physcultopathic Movements M and N could be used with advantage as a means of adding to the general functional vigor. Long walks and every other means that may be of value in adding to the strength of the body should be regularly taken advantage of when the patient resumes his ordinary habits of life.

One should realize that this disease is aggravated by dietetic and other errors, and such mistakes must be avoided in the future. Regular exercise and various other measures for adding to the vitality would naturally aid in preventing future attacks.

Air baths and sun baths are of especial value in this disease, making for the better health of the skin itself, and its greater activity in the elimination of the waste-poisons of the body.



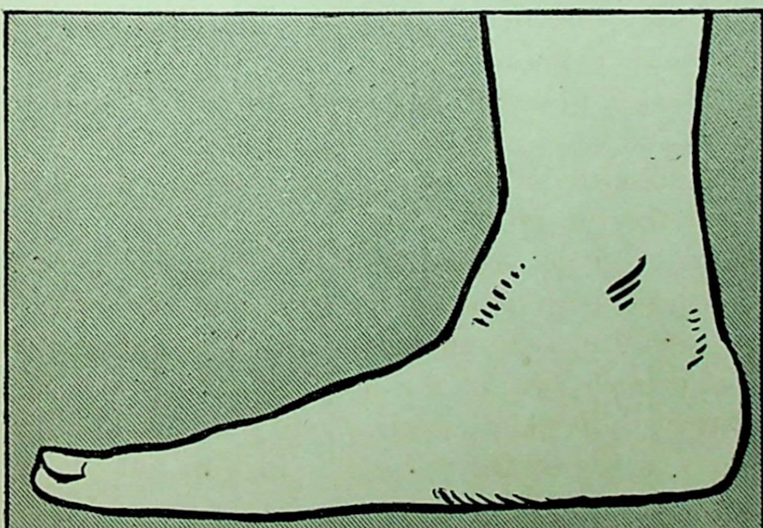
Showing position foot should assume in normal shoe.

FISSURE.—See *Anus, Diseases of.*

FISTULA.—See *Rectum, Diseases of.*

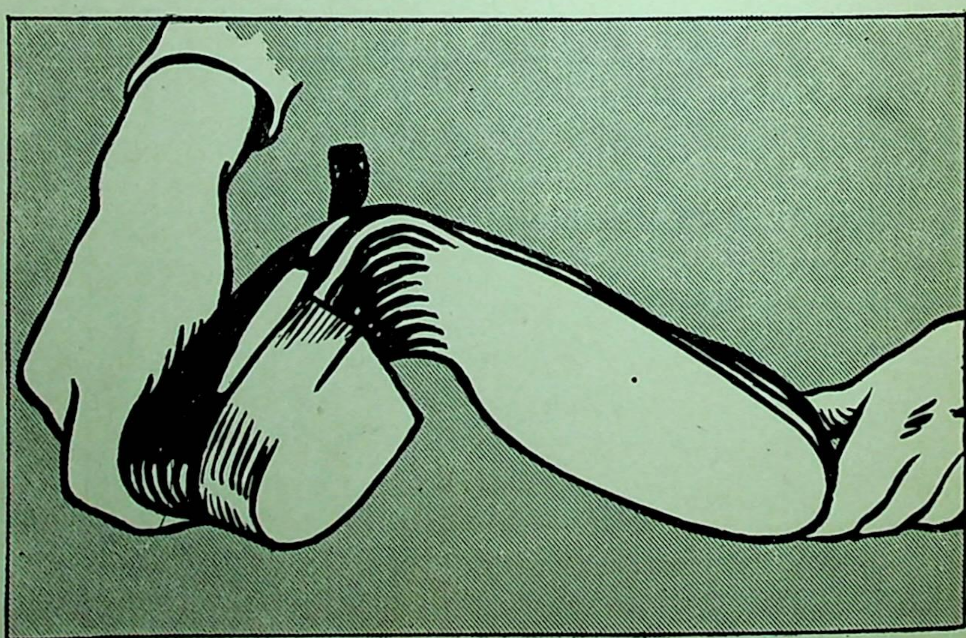
FLATFOOT.—A broken down condition of the arch of the bones of the foot, in which, the entire sole of the foot rests flat upon the ground, whereas in the normal foot only the heel and ball of the foot and the toes touch the ground. The deformity is very painful.

Treatment. The usual treatment of supplying shoes with an artificial arch to support the foot perpetuates the weakened condition of the ligaments and other tissues, which is the cause of the affection. It is true that one afflicted with an extreme case of flatfoot will do well to avoid too much long continued standing on his feet, but if he is able to walk at all, and able to raise his body upon the toes even to a slight degree, daily walks will be most beneficial. Walking will strengthen and invigorate, but standing still will only strain the parts. If there is too much strain and pain one should do very little walking, and certainly should not stand very much.


A severe case of flatfoot.

However, the real remedy in a case of this kind must consist in strengthening and hardening the ligaments, and tissues of the feet in general. For this purpose there is nothing so effective as treatment by means of Mechanical Physcultopathy (See Vol. III, p. 1517-1600), although massage of the muscles of the lower legs and feet will also be of much benefit. Special exercises for these parts, will be of special value. (See Vol. II, p. 816, 818, 820.)

Another valuable form of treatment in connection with this complaint is the cold salt water foot bath, tending to invigorate and harden all of the tissues concerned. In short, the feet should be strengthened in every possible way. The special weakness which has been brought about in the structure of the foot is usually associated with more or less weakness of the entire body, defective circulation and a more or less impoverished or unsatisfactory condition of the blood. In most cases, therefore, it will be necessary, in addition to the special treatment suggested above to adopt a general vitality-building regimen suited to the strength of the individual. This would



A shoe with flexible shank should be worn by the victim of flatfoot.

very shortly overcome the tendency towards varicose veins upon the legs and feet which is fairly common among those who suffer from this affection. With a better circulation, improved nutrition and a general increase in strength, the simple exercises and special treatments suggested will accomplish a cure in practically every case.

FLATULENCE.—A discharge of gas from the anus, produced by excessive putrefactive processes, generally within the colon.

Flatulence is invariably present when there is a tendency to constipation, and if the emanations are evil-smelling in nature it should be regarded as a sign likely to lead, if neglected, to more or less serious constitutional derangement. It is caused by over-eating and under-mastication, combined with a wrong choice of food, or food of a fermentative character.

Treatment. As a rule this symptom is self-limited provided one avoids the errors or excesses to which it is due. A quick means of securing relief, however, is to drink large quantities of hot water, that is to say, about as much as you can for a period of three or four hours. The use of sand in this complaint is often very valuable; a heaping teaspoonful three to four times a day. (See Sand as a Laxative, Vol. III.) Sand seems to have a cleansing effect throughout the entire alimentary canal; because of its acceleration of peristaltic activity it naturally lessens fermentation, which is the real cause of flatulence. Another good means of immediate or temporary relief is found in the enema, thus almost completely doing away with the source of the disturbance.

In some instances, if these symptoms have continued for a very long period, general constitutional treatment is necessary. A fast, for instance, in accordance with Fasting Regimen No. 2, for two or three days, or even a longer period, followed by some fairly strict dietetic regimen would unquestionably be of very great value. If it is inconvenient, or if for any other reason fasting is not desirable, then Limited Diet No. 24, 25 or 26, for three or four days or a week, would be of value, to give the alimentary canal a much-needed rest. If

the fasting plan is adopted for from two to four days, then Milk Diet No. 33 could follow with advantage. If the milk diet is not feasible, then an uncooked diet is especially recommended, provided one has good assimilation. Some one of the salad diets ranging from Nos. 84 to 87 would make a very satisfactory regimen to try for a short period, and if, following this, one could arrange a diet composed of fruits, nuts, salads and cereals, he would find the cleansing effect of this regimen very valuable in remedying this unpleasant symptom.

FRACTURES.—See Vol. III, p. 1665.

FRECKLES.—See *Skin, Care of,* Vol. V.

FREEZING.—See *Chilblains,* also Vol. III, p. 1667.

FROG TONGUE.—(Ranula.) A benign tumor which appears underneath the tongue either on the right or left side, produced by the retention of salvia in one of the salivary glands. Though annoying because of its size, there seems little or no danger attached to its presence. It is filled with a fluid, usually saliva.

Treatment. If the symptoms are recognized when in its incipient stage a fast of from two to seven days will nearly always cause the fluid that might accumulate therein to be absorbed into the system. If the disease has progressed too far, however, it will be necessary to find an outlet for it. The use of the knife for furnishing this outlet is not usually advisable. Althought there are some instances where the walls are very hard and an incision is essential; such cases are rare.

A two-day fast followed by liberal feeding will in nearly all cases hurry the tumor towards a definite cure. Milk Diet No. 33 will very satisfactorily follow such a fast.

FURUNCLES.—See *Boils.*

GALL STONES.—Excrescences or stones which form in the gall bladder, and liver. They vary in size from a pin-head to a small egg. One may be quite unconscious of their formation until Nature makes an effort to expel them from the system. Then an attack of what is known as gall stone colic ensues and, during the passage of the stone a burning, excruciating pain is felt in the pit of the stomach and on the right

side. If the stone which passes is of any size the victim breaks into a profuse perspiration and writhes in agony. When the region of the gall-bladder is touched the pain becomes unbearable. Loss of consciousness may follow. The attack lasts from two to four hours or more and is generally favorable in its result.

Gall-stones frequently occur in women, especially about the age of forty; and this predisposition on the part of the female sex has been attributed to the wearing of corsets.

Gall stones more often appear in the case of persons of sedentary habits. When the stones are small in size it is possible to pass a considerable number with little or no suffering. When the stones are large their elimination gives rise to the phenomenon of gall stone colic. The emission of a number of small stones is always indicative of the possibility of more serious trouble in the future.

Treatment. The only treatment necessary in this complaint, in many instances, is the use of large quantities of olive oil before retiring. The quantity of olive oil taken should range from one-fourth to one-half a pint, or from a half a tumbler to a tumblerful, and if a little lemon juice is taken thereafter much of the unpleasantness of taking this remedy will be avoided.

If this treatment does not bring results, then the necessity for a fast is clearly indicated, and as a rule, it is advisable to continue this fast until the stone or stones have passed through the gall-duct into the duodenum. This in some instances requires a continuation of this fast for from five to thirty days.

The free drinking of water is always advisable in a difficulty of this kind. In most cases it would be advisable to adopt the milk diet following the fast, if this regimen is adopted, breaking the fast in accordance with the fast-breaking regimen adapted to its length.

Hot fomentations over the painful region will give some relief, also increasing the local circulation and relaxing the tissues. Full hot enemas will also be useful in the same way,

in a severe case, and especially in connection with fasting, one each day.

One should remember, however, when he has remedied an acute attack of this disease that he has not by any means lessened the constitutional inclination towards the formation of these stones in the gall-bladder, and that after having secured relief from one attack he should then begin to follow a general health-building regimen which will make impossible a repetition of attacks of this nature. He should select a vitality-building regimen adapted to his individual strength and follow it carefully day by day. He can then depend upon avoiding future attacks of this very painful and in some cases serious disease. Diet is very important for preventing future attacks. Various exercises for strengthening the spine and stimulating the activity of the nerve centers are advised for this purpose: Physcultopathic Treatment M is especially valuable, although the exercise could be varied to a certain extent by using Physcultopathic Treatments N, L, K and J.

GANGRENE.—The tissues of the body become gangrenous when the blood supply is interrupted and morbific processes follow, ending in local death and decomposition of the affected tissue. Gangrene may be recognized by the black color of the part affected, and by the wrinkling of the skin. Gangrene may result from severe inflammation, from the obstruction of certain blood vessels, in diabetes, and in certain nervous disorders of the circulatory system. It may appear in one of two forms—humid gangrene when the part affected becomes dropsical; or dry gangrene when the dead tissues become dry and shrivelled. It usually appears first in the extremities.

Treatment. The appearance of gangrene in any part of the body indicates the death of this particular part. If the symptoms of this continue for even several hours it would be impossible to bring life again to the affected part. Therefore any treatment that may be necessary in remedying this disease should be hurriedly adopted and actively continued. The use of local hot applications, preferably wet packs, is especially

valuable. In some cases a hot application may be followed by a very brief cold application, although where the vital powers are especially limited in strength cold must be used with the greatest care. Gangrene, however, cannot be termed a disease in itself. It is usually associated with some other disease, and naturally it is foolish to attempt to treat one symptom of any complaint. The primary disease itself must be treated in an effective manner, and under such circumstances gangrene, which is simply one of its symptoms, will quickly disappear if very prompt measures are adopted. Above all things the circulation must be accelerated.

One should therefore realize that the acceleration of the vital and functional activities throughout the entire body is specially important in treating this disease. Hot packs to the spine and also abdominal packs are valuable for this purpose. Hot sitz baths could sometimes be used to very good advantage. I have seen cases in which the patient was so near to death that preparations were being made for the funeral, but in which these measures, the hot spinal pack, hot abdominal pack, and hot sitz bath, have been used with such marked results that the patient was almost literally snatched from the grave. These particular measures seem to be of extraordinary value in arousing activity of the vital organs, and it is hardly necessary for me to mention the fact that life depends upon the functional processes which must be regularly and continuously performed by these various important organs. When any one of the vital organs begins to lag in its duty, the entire body soon feels the change, and slowly but surely death begins to creep upon you. When you can adopt some means which will arouse these organs to their duty almost an immediate change is noticed in many instances.

The copious drinking of hot water and absolute fasting are absolutely essential in a critical condition of this kind. Unless the bowels have been properly active, enemas will be of value, indeed, the hot full enema will be found stimulating as well as cleansing, also arousing activity of the kidneys. If one is too weak to fast for more than two or three days without

inconvenience, Milk Diet No. 32 should be adopted, thus increasing the blood supply and improving the circulation. Pure, outdoor air, or its equivalent, is to be insisted upon. Beyond these suggestions, all treatment should be adapted to the primary disease, of which the gangrenous condition is the symptom and result.

GAS.—See *Asphyxia;* also Volume III, page 1652.

GASTRITIS.—(Gastric Fever.) A disease of the stomach which may be either acute or chronic in nature, caused by an inflammatory condition of the mucous lining.

Acute Gastritis is generally attended with slight fever; the stomach is sensitive, tender to pressure, and often swollen. There is a marked disinclination for food and some nausea, with much belching of gas and often vomiting. When the first symptoms arise, if proper care be exercised, they usually disappear in a few days. Should they be unwisely treated, however, a condition of

Chronic Gastritis or *Catarrh of the Stomach* follows, in which the stomach undergoes a considerable degree of degeneration. Loss of appetite, pain after meals, eructations, constipation, much mental disturbance, and emaciation are not uncommon symptoms of this complaint. Should the inflammatory processes persist, this in time will lead to the shrinking and serious impairment of the stomach's glands, often ending in ulceration. (See *Diseases of the Stomach.*) When the irritation is severe the mucus vomited reveals traces of blood and this is a symptom of some gravity.

Treatment. Relief from acute attacks can often be secured almost immediately by drinking a large quantity of hot water. Much more rapid results can be expected if one will take from a quart to a quart and a half as fast as it can be drunk; if the water is taken slowly it is absorbed and does not seem to have the same effect in the flushing of the organ as when a fairly large quantity is taken at one time. I do not by any means recommend that one should drink so much water as to dilate the stomach to the danger point, nor should the water be taken until pain of any kind is induced. Simply

take all you possibly can at one time without discomfort. It should not be too hot, but as hot as possible for drinking rapidly.

Where this apparently does not bring relief, or where for any reason, one can not imbibe a large quantity of water, hot abdominal packs can be used to very great advantage. In many instances it would be a good plan to place hot water bottles on the pack with a view of maintaining its heat. These packs can be just as hot as they can be borne without serious discomfort; the hotter they are the more effective in relieving the pain associated with the disease.

In many instances it is a good plan to make use of the full enema provided there has been any inclination toward constipation, as is frequently the case. Hot water should be used in all cases, however, in taking an enema while suffering from this particular complaint.

No food of any kind, either liquid or solid, should be permitted while the acute symptoms continue, and the regular use of food later should be adopted with extreme care. It would be well to adhere to Partial Fasting Regimen No. 11 or 12 for two or three days before beginning the regular diet, to insure absolute safety.

In the treatment of chronic gastritis the methods to be adopted are largely those associated with the building of general vitality. In beginning the treatment, Fasting Regimen No. 2 should be adhered to for at least two to five days, following this with Breaking-Fast Regimen No. 16. One may expect far more satisfactory results in the treatment of this complaint if he is able to follow the exclusive milk diet that is advised in this breaking-fast regimen. If for any reason the occupation of the patient makes the adoption of this diet impossible, then Milk and Fruit Diet No. 44 may be used for two or three days, after which Milk and Fruit Diet No. 43 or No. 46 could be adopted. In fact, these two diets could be used, changing from day to day or whenever the appetite might so dictate.

If the milk diet is not used in treating this disease, then

some limited dietetic regimen which the digestive organism can readily assimilate must be adhered to. In other words, the patient must follow a diet which the ordinary person might consider partial starvation. Over-eating is fatal to favorable results of any kind in the treatment of this complaint. Should fasting be very unpleasant, a limited diet could be used instead, although naturally this diet must be adhered to considerably longer than the period of time advised for the fast in order to expect results. In selecting a limited diet one could take his choice of Nos. 20, 23, or 27, as the appetite may dictate. These diets could be changed from one to the other as the appetite may dictate, although it is necessary to follow each regimen for one entire day; that is, one should not change the diet from meal to meal on the same day. These limited diets should be adhered to until one has a definite, normal craving for food and until all the symptoms associated with the disease have entirely disappeared.

A general regimen in the way of exercise, bathing, etc., for constitutional building up is of special importance. Physcultopathic movements if taken daily will be of great value. In fact a daily regimen consisting of Physcultopathic Treatment N taken in the morning and M taken in the evening, would be very valuable in hastening recovery. A cold abdominal pack applied before retiring each night, and allowed to remain until dry or until one wakes in the morning, is also recommended. As a means of varying the exercises you might select a vitality-building regimen adapted to your strength and use it now and then instead of the exercise mentioned. Walking and deep breathing are especially valuable exercises in the treatment of these diseases; though any light outdoor occupation, such as gardening, would be a means of hastening recovery. Outdoor games of various kinds not requiring too severe exertion, such as golf or tennis, may be recommended. If one is unusually strong, regular games can be indulged in with benefit, although care should be used to avoid over-exercise, since this would be more or less of a drain on the vitality and would consequently lessen the progress toward ultimate recovery.

General Debility.—See *Vital Depletion.*

General Paralysis.—(Paresis.) See *Brain, Softening of.*

German Measles.—(Rubeola.) An eruptive feverish disease to which children in particular are liable, presenting many of the characteristics of measles and scarlatina. The symptoms which warn us of its onset are cold-in-the-head, an eruption on the face, which rapidly spreads over the rest of the body, and sensitiveness of the eyes to light. The spots are reddish in color, rather pale, slightly raised from the skin and of various size. They usually disappear in a day or two. There is but little desquamation or peeling of the skin. The disease is really a mild form of measles and, unlike the latter, is as a rule unaccompanied with severe fever.

Treatment. Free drinking of hot water is valuable in this disease. Should there be any fever the patient will probably prefer cold water, and under such circumstances this can be used instead. The free use of water either hot or cold, however, is especially important.

No food of any kind must be given while the acute symptoms of the disease are present; the only exception to this would be a small quantity of the juice of acid fruits, such as the orange, apple or grape. As a rule only very small quantities of this should be allowed. Lemon juice can be used freely whenever it is desired.

If the bowels are not moving with satisfactory regularity a full enema should be given every day. This should be cool if there is fever present, and hot if otherwise; do not give more than one enema daily.

Sometime during the day when the patient feels rested give a wet sheet pack, allowing the patient to remain therein from one and a half to two hours. If the patient perspires profusely while in this pack it would be much to his advantage. If he should be very weak during the day a hot spinal pack could be used. If a fair amount of activity of the bowels is maintained, the wet sheet pack is given once daily and water is imbibed freely, the symptoms associated with this disease will very quickly disappear.

Milk would be the most satisfactory food as soon as the patient begins to call for nourishment, unless there is a distaste for it; under such circumstances Limited Diet No. 27 could be used although the quantity prescribed would have to be reduced by at least one-half for the first two or three days. I would especially suggest that the patient be allowed to sit up or walk around whenever he might so desire. Forcing one suffering from disease to remain in bed when his desires are otherwise, is a decided mistake when using this method of treatment. Recovery will be far more rapid and far more satisfactory if his instincts in this matter are adhered to. Of course, the moment he is tired and wishes to lie down again, this desire should be respected. If the patient cannot be out-of-doors, then at least he should have all windows wide open. Pure air is more than ever necessary in diseased conditions.

GINGIVITIS.—Inflammation of the gums. See *Inflammation.*

GLANDERS.—An infectious disease peculiar to animals but occasionally met with in men whose occupation brings them into contact with horses and other beasts of the field. The disease shows itself as ulceration of the affected portion of the skin, and begins with swelling, redness, and pain of the part attacked. The neighboring lymph channels become inflamed, crusts form, these decay, and ulceration follows. When neglected the disease may invade the mouth, throat, and lungs, and a general infection of the body follows.

Treatment. One can rest assured that he will not be attacked with this disease unless his condition is of a nature to make him open to such an attack: in other words the body must offer fertile soil. If the body is lacking in vital resistance and contains various impurities that are seeking an outlet, then almost any disease would become contagious and it would no doubt be possible for one to acquire this disease that is ordinarily associated with the animals with which man comes in contact. With this clear understanding in mind, you will then fully realize that attacks of this complaint should in reality be treated constitutionally. What is needed first is the

elimination of the impurities in the body which have made the disease possible, and this can best be accomplished by a general purifying process commencing with a fast. I would, therefore, advise Fasting Regimen No. 2 for from two to five days, to be followed by Breaking-Fast Regimen No. 16. It would then be decidedly to the advantage of the patient to adhere to the milk diet as described therein, if possible. If this is inconvenient, then follow the general diet prescribed. Thorough cauterization of affected part should be attempted.

The application of cold wet packs to the affected parts will sometimes be of benefit in allaying local symptoms, though I would say in most instances that a mud pack would be of more value than an ordinary wet pack, though it should be clean earth, not tainted by civilization. Mud packs can be applied at night before retiring and allowed to remain until morning, a dry cloth being wrapped around the body in such a manner as to hold the pack in place. Of course, where ulcerations appear on the mucous membrane of the internal parts of the body little can be accomplished in the way of local treatment.

Copious water drinking is advisable, preferably hot, though the instinct or desire of the patient may determine whether it will be hot or cold. It should never be very cold. The bowels should be kept open and active, if necessary with the aid of daily enemas.

Select a general vitality-building regimen adapted to the patient's strength and have him follow it out persistently. A wet sheet pack taken daily would be especially valuable in the treatment of this complaint, if the patient does not possess sufficient strength to take long walks or other similar exercise with a view of bodily purification. Where these walks can be taken, however, they would be far better in their influence than the wet packs. Outdoor air is very important.

Glands, Diseases.—See *Lymphatic Diseases*, *Bubo*, *Thyroid*.

Glaucoma.—A grave internal disease of the eye, marked by an increase of internal pressure, resulting in hardness of the eye, intense pain and finally blindness.

Treatment. When treatment is begun in the incipient stages of this disease, there is doubtless a possibility of recovery. Where the disease has continued for considerable time, however, but little encouragement can be given to the patient. One should, however, remember that the general plan of treatment relies simply upon the increasing of the vitality of the entire organism, and nothing but good results can be expected from a change of this character. Therefore, if suffering from this complaint, it is certainly wise to adopt the methods that I have suggested in the treatment of eye diseases (which see), even when this disease is in an advanced stage. In fact, in this instance, it would be a good plan to adopt these methods even in conjunction with other means that might be suggested by an eye specialist. The specialist should be consulted early as a delicate operation can always save the sight. One should bear in mind, however, that many of the specialists in the treatment of diseases of the eye fail to recognize the extraordinary importance of vital vigor; they do not seem to understand that symptoms of eye trouble are caused in nearly all instances by defects in the blood which nourishes the nerves and other tissues of the eye, and that when these defects can be overcome, the blood purified and made more virile, symptoms of eye trouble will often disappear.

Atropin should never be used in this disease, under any circumstances as it only increases the internal pressure and aggravates the symptoms.

GLEET.—See *Gonorrhea.*

GLOBUS HYSTERICUS.—The "lump" or choking sensation experienced in hysteria, caused by muscular spasm in pharynx and esophagus. See treatment for *Hysteria.*

GLOSSITIS.—Inflammation of the tongue. Treatment by fasting, water drinking, enemas and general constitutional methods.

GLOTTIS, SPASM OF.—A peculiar disease to which infants and young children are liable, characterized by a spasmodic affection of those muscles which control the diaphragm and throat. The attack comes on suddenly and the exciting cause

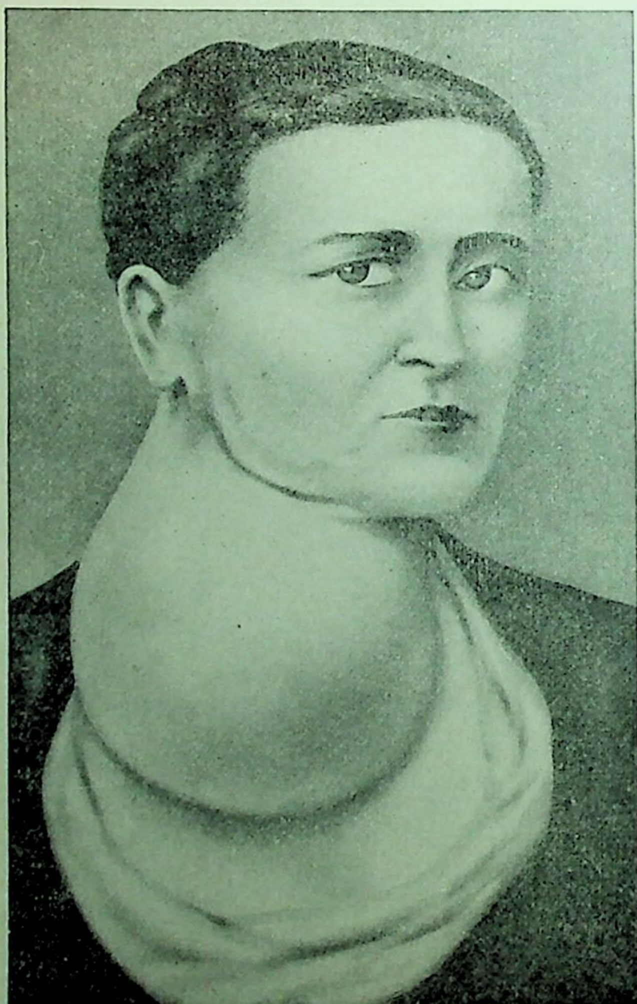
is generally mental excitment or fright. The face becomes suffused with blood, of a purplish tinge, the head rolls from side to side, and the eyes bulge, standing out in a prominent and alarming fashion. The complaint often attacks children of the same family, and may be regarded as one of the symptoms of rickets (which see.) When the seizure fails to pass, the face becomes distorted, the tongue rolls in the mouth, and, by closing up the throat, may produce death by suffocation.

Treatment. In sudden attacks of this complaint, by dashing cold water over face, neck and chest immediate relief will often be secured. A hot wet pack to the neck may also be effective immediately. Where the symptoms continue, a glass of hot water in which is dissolved half of a level teaspoonful of salt would be advised. Following this where there is no fever present, the hot abdominal pack, as hot as can be borne, would be of material benefit. Hot spinal packs can also be used advantageously, though be sure to remember the necessity for rest between treatments that call upon the vital energies to any great extent, in order that there may be definite recuperation. As a rule the hot spinal pack should not immediately follow the hot abdominal pack. There should be a rest between, unless there are very positive symptoms of a serious or unpleasant nature. As a rule, however, in acute attacks of this trouble the first simple methods that I have mentioned will bring prompt relief. If the tongue rolls back during the spasm, it should be pulled forward. Sometimes one may stimulate breathing by pressing with the finger upon the epiglottis or the roof of the tongue.

Where the acute attacks occur at intervals, naturally they are indications of the need for constitutional up-building, and the following out of a special dietetic regimen together with the exercises, bathing, etc., essential for building vitality and general vigor is especially recommended. The methods for building vitality recommended in the treatment of rickets can be followed in this complaint, with a certainty of securing a gratifying change for the better in a very short time. Outdoor air and plenty of play in the open are necessary.

GOITER.—(Simple Goiter.) An enlargement or swelling of the thyroid gland located in the front part of the throat just below the larynx. The swelling may be of the size of an egg or it may increase until it becomes as large a pumpkin. In addition to this disfigurement other symptoms are shortness of breath and a feeling of fatigue. As a rule the presence of goiter is not a malignant sign though when it appears in conjunction with cancer of the glands, the end is quickly fatal in most cases. A goiter may also appear in other forms, as in exophthalmic goiter, in which case it is merely a symptom.

Treatment. This disease is distinctly constitutional. One may rest assured that the tissue of which it is composed could not be deposited in this abnormal manner if the blood contained only those elements that are essential to nourish the body properly and perfectly. Under the circumstances, therefore the rational treatment of the complaint is that which adds to the vitality and general vigor of the body, the purpose being so to purify the blood and lymph stream that the foreign deposits which are



A severe case of ordinary goiter.

the direct cause of this unpleasant manifestation will no longer appear in the blood, and consequently the growth of the goiter will naturally have to cease. In fact, we go still further and maintain that by fasting and other vitality-building processes the blood can be so purified that it will begin the process of tearing down foreign tissue of all kinds, and under such circumstances the goiter can in many instances be slowly but surely absorbed. I have seen a great number of cases cured in this particular manner; therefore I am not guessing or theorizing.

Fasting is specially important in the treatment of this disease and is really essential in order to accomplish rapid results. Partial fasting or a limited diet could be used, and where such diets are adhered to the particular food selected is not of so much importance as the limiting of the quantity consumed. For instance: you could select a partial fasting regimen from among those I have named or a limited diet from my list (see Vol. III, Chap. VI), and no doubt secure satisfactory results if you would continue them for a sufficient period. However, one may depend upon far more favorable changes through following Fasting Regimen No. 2 for a period ranging from seven to thirty days. The longer the fast is continued the greater the decrease in the size of the goiter may be expected. If possessed of sufficient vitality to continue the fast for a long enough period, the goiter will in some instances be almost entirely absorbed. This absorption process will in most instances continue after the fast is broken provided a proper regimen is adhered to. One can use the breaking-fast regimen adapted to the length of the fast. If the assimilation is especially poor, Milk Diet No. 32 should be used for a short period. If the assimilative powers are very good, then I would not advise the milk diet, in fact, adherence to a limited diet after having broken the fast would be productive of far more satisfactory results under such circumstances. For instance: Limited Diets Nos. 23, 25, 27 and 28 could be used, changing the diet each day if desired in accordance with the dictates of the appetite.

Activity of the bowels is likewise imperative, and if necessary, enemas should be used throughout the duration of the fast, as well as afterwards when occasion seems to demand.

Massage of the affected part is not advised. Cold wet packs could be applied, if desired, but no special results of importance can be expected from this local measure. You must depend entirely upon the absorbing power of the blood when it is properly purified in the manner described. Select a vitality-building regimen adapted to your particular strength and follow it day by day. If your assimilation is very good, be sure to keep the diet down to the exact amount of food absolutely essential to maintain your strength.

GONORRHEA.—A contagious disease of the sexual system characterized by a purulent catarrh-like discharge from the urethra. The disease may be present in both sexes, the form which attacks women being somewhat more difficult to eradicate. The bacteria associated with the disease are known as gonococci. See also Vol. V.

Gonorrhea in women commences with a harmless leucorrhea-like discharge which gradually increases in quantity. As the disease invades the vagina and attacks the sexual organs, the emission becomes more purulent in character, pain is experienced on urination, with a burning sensation after the passage of water.

When neglected, gonorrhea may spread and involve other of the genital organs, such as the bladder and ovaries. (See *Diseases of Bladder; Cystitis; Vaginitis.*)

Gonorrhea in men reveals its presence a few days after infection by a sensation of prickling and burning at the end of the penis, accompanied by a painful burning sensation during urination. A purulent secretion then begins to flow, at first scanty, but gradually becoming more profuse. The glans, the foreskin and sometimes the whole of the penis become more or less swollen, and the painful inflammation, after reaching its height at the end of the first week, may continue into the third week.

Gonorrhea is a catarrhal condition which, when neglected, or treated inadequately, may give rise to serious and painful

complications. (See *Bubo; Prostatitis; Cystitis; Orchitis; Stricture.*)

Treatment. Members of the medical profession maintain that when this disease is first noticed, when the first minute surface of the membrane is affected, the application of an antiseptic of proper strength will destroy the germ of the disease and naturally it will never have a chance to develop. I am not prepared to deny absolutely the accuracy of this statement.

In some cases a mild antiseptic wash used in the form of an injection would be advised as the acute symptoms of the disease begin to subside. Such antiseptics can be prescribed by nearly any druggist; a weak solution of permanganate of potash or sulphate of zinc can usually be recommended, and will help to destroy and eradicate the gonococci.

Treatment of the disease is practically identical in both sexes, although the application suggested will not usually be so directly effective in case of the female as in the male. For two or three days after the appearance of the disease, Fasting Regimen No. 3 is advised. The importance of drinking very freely of water is especially emphasized. Following this regimen Limited Diets Nos. 20, 27, 28 and 29 can be followed in turn, in accordance with the dictates of the appetite, remembering to adhere to each diet at least one day at a time. Should the weight be very materially reduced as a consequence of this fasting and the following of this limited diet, the quantity of food can be increased for two or three days, though the greatest possible care must be used to avoid over-eating.

Hot and cold sitz baths should be taken in the morning and evening, remaining in the hot bath (which should be as hot as can be borne) from three to five minutes, and in the cold bath from two to three minutes. If no special sitz-tubs are available in which to take these baths, then ordinary wash-tubs can be used. This is an especially important part of the treatment and should be adhered to strictly if possible. Every night before retiring the affected part should be wrapped in cold wet cloths; indeed in some instances it might be better to

allow these cold wet cloths to take the form of a hip pack. This would be especially desirable in the case of a female patient. When the disease does not seem to yield to treatment within from seven to ten days, mud packs could be used advantageously. They could be applied at night and allowed to remain until morning.

During the acute stages of the disease it is always best to avoid very vigorous exercise. But as the acute symptoms gradually subside the curative process will usually be naturally hastened by walking and other light exercises. The more time spent in the open air the better.

A sluggish or constipated condition of the bowels is antagonistic to rapid recovery, and it is therefore necessary to keep them open and active. Hot enemas may be used for this purpose once every day or two, and will sometimes help also in relieving inflammation.

Gleet. The chronic phase of gonorrhea is called gleet; it requires a prolonged course of constitutional and vitality-building treatment, combined with the hydrotherapeutic measures above suggested for use in acute attacks. A longer fast would be advisable, adopting Fasting Regimen No. 3, although if strong and of normal weight, or above, Fasting Regimen No. 5 would offer a radical but effective treatment. In this case Breaking-Fast Regimen No. 19 should be used, followed by Milk Diet No. 32, or, if inconvenient, by No. 36. An uncooked diet to follow this would be best, for in a chronic difficulty of this nature a strict diet is far more effective.

GOUT.—A disease of the blood, produced chiefly by over-eating, which affects in particular the small joints of the body. As the disease spreads, the heart, stomach and kidneys may become affected, giving rise to most excruciating pain.

The characteristic symptoms of gout are more or less sediment in the urine; the joints affected are swollen, red and hot; extremely sensitive to the touch and even to vibration of an external nature; whilst the victim suffers from extreme restlessness and sleeplessness. The attack wavers between an acute condition lasting for several days in which all the afore-

mentioned symptoms are accentuated, and a chronic condition in which these symptoms are in a sub-acute state. When neglected, gout degenerates into what is known as "chalky gout," owing to the chalk-like deposits which settle between the bones and are sometimes thrown out upon the skin. The disease in some cases is also complicated by neuralgic pains and an eczemic eruption. (See *Neuralgia; Gouty Eczema.*)

Treatment. The statement that this disease is produced by over-eating unquestionably points the way to definite cure. Gout is most frequently observed in those who are sometimes termed "high livers." It is frequently met with even in cases where one is not financially able to indulge in the rich and complicated mixtures which will often invite symptoms of this ailment. The statement, however, that it is directly caused by over-eating is accurate in every detail, though sedentary habits and dissipation of various kinds may to a certain extent be incidental factors in producing the disease.

Almost any strict regimen that includes a diet that contains only a sufficient amount of food to properly nourish the body, and which compels a certain amount of daily exercise, will usually be effective in a case of this kind. However, if one is desirous of securing quick results and if he will adhere to the prescription that I am giving herein, he can rest assured that the symptoms of gout will be short-lived.

In the beginning Fasting Regimen No. 2, should be adhered to. The longer this fast is continued the more rapid will be the results. In many instances every symptom associated with gout can be eliminated during this fast. Follow with the breaking-fast regimen adapted to the length of the fast, but I would not suggest the milk diet, as assimilation is usually good in those suffering from gout. If the fast has been properly followed in accordance with the regimen advised, I would suggest the following of Milk and Fruit Diets Nos. 42, 43 and 47, as the appetite may dictate, adhering to each regimen for at least one day at a time. After all the symptoms of the disease have

been eliminated the patient can follow his ordinary diet, though using the greatest possible care to avoid over-eating. In fact, one who is inclined to this particular trouble will find it to his advantage if he can make a habit of fasting one or two days each week, or from two to four days each month; this would give the digestive organism a chance to rest in case he ever made the mistake of eating beyond his actual needs.

A general regimen, including exercise and appropriate bathing, is of special importance in eradicating this disease. I would advise the selection of a vitality-building regimen adapted to the strength of the individual. He should persistently adhere to the instructions found therein day by day. Physcultopathic Treatments M and N could be used to considerable advantage, provided the patient has a fair amount of vigor. If not especially strong, a wet sheet pack given daily would to a certain extent act as a substitute for exercise in the way of accelerating elimination. Physcultopathic Treatment F can also be used advantageously in this complaint, though one should not make the mistake of giving too much or too frequent treatment; there must be a definite recuperation from each treatment in order to expect results of a favorable nature. In addition to these measures for constitutional treatment and stimulation of the nerve centers, however, it might be helpful to use local treatment of the joints or inflamed parts by means of Mechanical Physcultopathy. (See Vol. III, p. 1513-1600.) If too sensitive for this, and extremely painful, local hot applications or immersion in hot water will usually offer some temporary relief, though naturally, the constitutional treatment is the all-important factor. The patient should be out-of-doors as much as possible and always have strictly fresh, pure air.

Gouty Eczema.—A disease of the skin, eczemic in character, the seat of the affection in particular being the anus. It is characterized first by intense irritation in this region; much inflammation and soreness follow; the skin becomes shiny and scaly; and, as the eruption develops and the skin dries, small fissures break out from which a thin watery discharge exudes.

Though the ailment often persists for years, it may be regarded as a disagreeable check upon appetite and indulgence, and for this reason is rarely followed by serious complications.

Treatment. Gouty eczema should be treated in the same manner as ordinary eczema (which see.) Refer to the detailed description of treatment for *Eczema* (page 2024.) The fasting and abstemious diets must be rigidly adhered to.

GRANULAR EYELIDS.—(Granular Conjunctivitis.) See *Eye, Diseases of.*

GRAVEL.—(Urinary Calculi or Stones in the Bladder.) See *Bladder, Diseases;* also *Kidney Diseases.*

GRAVES' DISEASE.—See *Exophthalmic Goiter.*

GREEN SICKNESS.—(Chlorosis.) See *Anemia.*

GRIPPE.—See *Influenza.*

GUMBOIL.—An abscess of the gums. Treat as any other abscess. (See *Abscess.*)

GUMMA.—A soft cheese-like tumor occurring in the later stages of syphilis. See *Syphilis,* Vol. V.

GUTTA ROSEA.—(Acne Rosacea, Whiskey Nose.) A form of acne, affecting chiefly the nose, cheeks and forehead. marked at first by redness, and later by a chronic hyperæmia and inflammation of the skin, with pustules and varicose vessels. Common among drunkards, and people exposed to all kinds of rough weather. See *Acne* for treatment.

HAIR, DISEASES OF.—The diseases to which the hair is liable, are generally to be attributed to the condition of the scalp. The most common of all its ailments is that known as dandruff (which see.)

Prematurely gray hair is due to change in the pigmentation of the hair caused by factors of a purely constitutional nature. Yolk of egg is said to be an excellent preventive of this condition.

Falling hair, or *marked loss in patches* is generally to be attributed to some infectious disease such as syphilis, diphtheria or other fever, influenza, etc. Such loss is never the result of any local affection but wholly constitutional in nature.

For other diseases of the hair see *Ringworm, Favus.*

Treatment. Diseases of the hair are both local and constitutional. The principal local causes are lack of cleanliness of the scalp and general neglect of the care of the hair, which is essential to maintaining its luster and vigor. The most common mistake in the care of the hair is the neglect to cleanse the scalp regularly; the scalp is like any other part of the body —it needs frequent cleansing in order to maintain it in health. In another department of these volumes, under the head of *Beauty Culture* (Vol. V) the reader will find considerable information of very great value on the care of the hair. Under *Dandruff* he will also secure information concerning the scalp worth careful reading. Nearly all diseases of the hair are associated with a certain amount of dandruff, and a continuation of symptoms of this nature usually indicates first of all a dirty scalp. Thorough cleanliness is imperative in order to remedy this complaint.

The daily practice of pulling the hair referred to under the *Care of the Hair* in the department of *Beauty Culture* is of special importance; it strengthens the hair roots and brings a greater quantity of blood to the parts concerned.

Frequent bathing is essential to maintain the health of the pores, through which a large share of the wastes and impurities of the body find an outlet. If these pores are not maintained in a healthy condition we are far more liable to contract diseases, and the hair seems to be peculiarly affected by defects of this nature. One should take a cold bath daily, and at least one or two hot baths (using soap very freely) each week. A hot bath taken after exercise which has been sufficiently vigorous to induce profuse perspiration, is of special value in arousing the activity of the pores and thoroughly cleansing the skin. A steam bath followed by a hot bath, using soap freely, is a fairly good substitute, though this plan, while cleansing and promoting active elimination, does not build strength or have as good an effect upon the condition of the hair as would result after perspiration had been induced by active exercise.

Prematurely gray hair can in nearly every instance be materially improved by the pulling process, though a general

vitality-building regimen for improving the health is absolutely necessary, if one is desirous of delaying the whitening process.

HALLUCINATION.—A mental sensation of a purely subjective nature, involving the perception of a non-existant object or impression in short, a creation of the imagination. It is distinguished from an illusion in that the latter is the false perception of a real object, or a false interpretation of a real impression. See *Insanity*.

HARELIP.—A fissure in the upper lip which shows itself as a slight cleft in the lip or it may extend to the border of the lip.

Harelip arises from disturbances in the development of a child, and therefore may be regarded more as congenital in origin, and not as a purely local disfigurement.

There is no natural method that could be advised for remedying this defect. The only remedy of which we have any knowledge is that furnished by surgery, which consists of scarifying the edge of the lip wherein the defect appears and then removing tissue from some other part of the body and transplanting it.

Cleft Palate is a defect similar in origin to harelip, or in other words, is an extreme form of the same defect. In the embryo, this part of the face is formed by processes which grow inward from the superior maxillary and palate bone. Normally these processes meet, but when development is arrested, a cleft palate is the result. When the disturbance is only slight, a harelip is the result. The only treatment consists of an operation, which is performed most successfully at the age of three years or thereabout.

HAY FEVER.—(Hay Asthma.) A catarrhal affection of the eyes, nose, and throat characterized by the copiousness of the discharge as well as the more or less severe paroxysms of sneezing which accompany it. Hay fever begins with burning and itching of the nose, severe sneezing, and entire obstruction of nasal respiration. The eyes become inflamed, and violent pains arise in the forehead and back of the head.

Treatment. In treating this disease one must entirely banish the notion that it is caused exclusively by the pollen of a particular plant. The pollen of this plant may to a certain extent have an irritating influence, and may assist in bringing about the symptoms associated with the disease, but we must remember that the disease is distinctly constitutional.

I would first of all advise Fasting Regimen No. 2, to be continued from three to five days, Breaking-Fast Regimen No. 16 to be used thereafter. After this the exclusive milk diet is preferable, to be followed at least two or three weeks if the patient's occupation does not interfere. This diet is especially applicable if the patient should be suffering from defective assimilation, which is indicated by the weight being considerably below the normal standard. If it is impossible to follow the exclusive milk diet described in Milk Diet No. 33, then Milk and Fruit Diets Nos. 42 and 47 could be used, being changed from time to time if desired, in accordance with the dictates of the appetite.

If for any reason it is difficult to follow this regimen then the ordinary diet could be adhered to, using the greatest possible care to avoid over-eating and to practice thorough mastication. Under such circumstances it would probably be a good plan to fast one or two days each week as a means of giving the stomach a rest and keeping the blood free from a surplus accumulation of wastes.

Almost of equal importance with the diet in the treatment of this disease is a general health-building regimen that will accelerate the activities of all the blood-making and depurating organs. Look over the vitality-building regimens and select one adapted to the strength of the patient and have him follow it out persistently each day. Physcultopathic Treatment F would be especially valuable for daily use, provided some one can properly assist the patient in taking it. If he is weak and not able to take much exercise, then hot spinal packs and cold abdominal packs will be of value. The hot spinal packs could be applied in the morning and the cold abdominal packs could

be used at night and allowed to remain until dry or until morning. In using cold abdominal packs, however, remember the necessity for immediate recuperation from the effects of the cold application. If this recuperation is not secured, these packs will not be of value, and hot abdominal packs should be used instead.

It will be almost useless to try to overcome this disorder if the bowels are sluggish or constipated. If the diet and the free drinking of water do not bring about normal activity in this respect, enemas should be used whenever necessary to relieve this condition. All of the depurating channels of the body should be unobstructed.

A walk each day until fatigued could be especially recommended in this difficulty. Deep breathing exercises and outdoor games, if strong enough, can also be highly recommended. Prolonged air baths and sun baths are very effective. In fact, any natural means of accelerating the circulation and of adding to the vitality and general vigor of the body will help to build the strength which is necessary in remedying this most unpleasant and annoying disease.

HEADACHE.—Headache is purely a symptom and cannot be considered as a disease in itself, though often regarded as such. In rare cases it may directly be caused by some derangement of vision.

Headache is not usually considered as a serious matter, though in many instances it is the cause of more acute and prolonged suffering than other complaints that are dangerous to life.

Headache usually indicates defective digestion or assimilation. You need never have a headache if your alimentary canal is in proper working order and the mind is free from grief or worry.

In many instances severe constipation is associated with headaches. But whatever may be the nature of the functional disturbances that are the cause of this agonizing disorder, you can depend that it has something to do with digestion, assimilation or excretion.

Of course, there are innumerable varieties of headaches. Sometimes the pain or severe feeling of discomfort will appear in one part of the head and sometimes in another. Sometimes there is a throbbing pain that is keen and sharp for instance, and at other times it is a monotonous, dull, continuous feeling of discomfort. All of these various forms of headache, however, can be classified as anemic and congestive. In other words, an anemic headache would be induced largely by the want of proper nourishment in the blood. Those who are ordinarily termed thin-blooded frequently have headaches of this kind. A congestive headache is the usual form assumed when the reverse conditions are operative, meaning an excessive supply of blood, congestion, of course, taking place in the brain.

Migraine is a violent, paroxysmal headache usually affecting only one side of the head, and in the great majority of cases is associated with eye strain, dyspepsia or other disorders.

The general cause for chronic headache can in practically every instance, be traced to improper habits of life, and you might say as long as such causes continue one must expect to suffer from the symptoms of this unpleasant disease. When the headaches do not appear at frequent intervals and are unusual, they can usually be traced to some extraordinary diversion from one's habits of life, dietetically or otherwise.

Excessive worry and overwork will frequently bring on a nervous headache, but even in such cases the ailment is made possible only because of an abnormal condition of the functional system. Anemic headaches are due to any debilitating influences that tend to poison or impoverish the blood. Such, in the case of women, include the corset.

Treatment. At to treatment, one must first of all try as nearly as possible to ascertain its cause. Then, of course, if you are a chronic sufferer, it is your first duty to try and avoid the excesses or devitalizing habits that have helped to bring about the complaint. As previously said, headaches usually accompany or indicate some other disease, and it will, of course, be necessary to take into consideration the treatment

essential to remedy this primary ailment, as a means of curing the headache.

In acute attacks of headache, when immediate relief is sought, there is frequently evidence of the presence of biliousness, or symptoms of this nature, and under such circumstances it is well to cleanse the stomach at the earliest possible moment. This can be accomplished best by drinking a large quantity of hot water—from one to two quarts, as fast as possible. The water should be as hot as is possible for one to take it and be able to drink it down without sipping. If this hot water should cause an inclination to vomit, so much the better. After the stomach has once been cleansed then continue the hot water drinking until the stomach is able to retain three or four glasses. As this begins to be absorbed throughout the system, it will help materially to cleanse the blood of the impurities that are the usual cause of the headache. By thus flushing the system poisons lingering in the circulation will be eliminated. Of course when these unpleasant symptoms of the stomach are associated with constipation, it would be advisable, first of all, to take the colon flushing treatment, and then begin the hot water drinking.

If it is quite clear that the headache is caused by intestinal or stomach difficulties, from the symptoms that are manifested, a girdle pack can be used to advantage. If there is some fever present this girdle pack can be taken cold; if there is no fever, then it should be as hot as can be borne.

Should immediate relief not be secured, then if the patient can lie quietly and be induced to sleep for several hours, as a rule the pain will disappear during sleep. Physcultopathic Treatments A and B may be advised. Hot spinal packs can also be used in some instances. Where the head is hot and congested, cool but not iced applications will often relieve. Cold wet sheet packs are also of benefit in some cases. However, care should be used to avoid too much treatment; not over two or three water treatments each day should be allowed.

A free supply of pure air is absolutely essential.

Remember, however, that almost any method that can be adopted by the patient with a view of arousing the activity of the purifying organs, will be inclined to cure the headache. For instance, if one is strong enough to take a long walk, with deep breathing exercises, or, if especially vigorous, a long run, you can rest assured that the headache will soon disappear as the result of such violent remedies.

Food of all kinds must be avoided absolutely when suffering from acute headache. The only exceptions I would make would be where there is a craving for acid fruits. These might be used in limited quantities. Oranges, apples, peaches, pears, or any fruits of this character can be indulged in moderately.

Where these headaches are periodical in nature, to remedy one acute attack will be of but temporary benefit. General constitutional methods must be adopted. Usually as the vitality is gradually increased the periods free from attack will be lengthened and the severity of the symptoms will be considerably abated. For this vitality-building process I would advise Fasting Regimen No. 2 from two to five days, to be followed by Breaking-Fast Regimen No. 16. If the patient is inclined to be under weight the milk diet would be especially indicated; but if the weight is normal then a general diet could be adhered to.

Of almost equal, if not of greater, importance than diet, is the observance of the daily practice of exercise, essential in building muscular and vital vigor. Select a vitality-building regimen adapted to the needs and strength of the patient and have him follow it each day with persistent regularity. Physcultopathic Treatments F and G could be used freely to advantage, as well as other exercises for adding to the strength of the spine.

Heart, Diseases of.—There are over fifty well-defined diseases of the heart. The walls of the heart may thicken and distend through too heavy a burden being imposed, such as a clogged circulation; the valves may undergo changes in many ways through the same cause.

Heart disease usually manifests itself in one of the following forms:

Acute Valvular Disease of the heart is a consequence of inflammation of the lining membrane and is often a consequence following articular rheumatism or an acute infectious disease. The symptoms which accompany this disturbance are: Chilly sensations with some degree of fever, the heart's action becoming rapid, weak and irregular. The breath becomes short and panting upon the slightest exertion; the patient is exceedingly weak, sometimes bordering upon collapse. In severe cases, the legs, fingers and toes become blue; the feet and ankles, and sometimes the abdominal cavity swell. Headache, dizziness, loss of appetite and constipation are minor symptoms of this disorder. This acute condition fortunately lasts but a short time, the patient rarely recovers completely, sometimes dies and usually a chronic condition develops.

Chronic Valvular Heart Disease, the characteristic signs of which are a rapid and feeble pulse, shortness of breath, pain in the region of the heart with generally impaired circulation and blueness of the extremities.

When in a recumbent position these symptoms are modified; but, on the slightest exertion they become accentuated, with the result that fainting is liable to occur, or apoplexy may follow. As a rule the normal end of this condition is heart failure. And the signs which indicate that the end is near are a dropsical condition of the body combined with a congested condition of the lungs.

Fatty Degeneration of the Heart is due to the fact that the muscles of the heart have degenerated and are burdened with fatty deposits. When the degeneration has become serious in character the accompanying symptoms are similar to those previously described. It is, however, possible, for the victim to be unaware of the fact that the function of the heart is seriously impaired, and to attribute the general debility and feeble circulation to a general "run down" condition. It is needless to add that fatty degeneration takes place only when there is a marked tendency to obesity.

Rheumatism of the Heart, (Rheumatc Pericarditis) is a rheumatic condition of the membraneous sac or covering of the heart and is associated with rheumatism in other parts of the body. Thus the principal symptom is a sharp stabbing pain in the region of the heart. This disease is acute in character, with a chill followed by fever, tremulous and irregular heart action, shortness of breath, and the usual signs of disordered functional activity. At times a fluid may collect in the pericardial sac.

Angina Pectoris is a highly dangerous and painful affection often fatal in its result, and usually regarded as a disease of the heart. The pain varies in intensity, and the action of the heart is greatly disturbed. The paroxysms may be over in a few minutes or they may endure for hours during which the patient is in great physical and mental agony. As time passes the paroxysms increase in frequency. This disease is claimed to be the outcome of some other organic disease of the heart, which, if it cannot be detected, may be assumed. It rarely appears in any subject under forty-five years of age. More recent study, however, would indicate that angina pectoris is really an affection of the stomach, a form of rigid contraction of that organ. (See Vol. III, p. 1668.) See also *Angina Pectoris,* in this volume.

Concerning organic diseases of the heart, in which the mechanical structure of the heart becomes in some way impaired, but little need be said. They can hardly be regarded as diseases in themselves seeing that they are natural efforts on the part of this organ to adapt itself to the undue and unnecessary burden that is ignorantly imposed upon it.

Treatment. Our methods of treating heart trouble depend entirely upon the increase of general bodily vigor for securing results.

Heart disease is almost invariably caused directly by diseases of the stomach. It is nearly always associated with over-eating, or eating beyond the digestive capacity. In the treatment of this complaint the first and most important lesson to learn is that of restricting the food to the

particular amount which the stomach can easily digest. Where the assimilation is especially good, a limited diet of an extremely abstemious nature is advised. Weigh yourself every day; if you find you are going below the lowest weight that you should maintain in order to be in a vigorous condition, add a very small amount to this diet. If you find you are going above this weight, decrease the amount of the food used at each meal. In this way you practically regulate the amount of food you are eating with the same care that you would if you were feeding your horse, and you are absolutely assured against over-eating.

I would ordinarily advise a fast in the beginning of the treatment of this complaint; Fasting Regimen No. 2 would perhaps be the most satisfactory, and should be continued from two to five days. Following this fast I would advise Partial Fasting Regimen No. 10 for from three to five days. If the bowels are not acting with proper regularity I would advise the use of three or four heaping teaspoonfuls of sterilized sand daily. (See Vol. III, p. 1290.) Following this partial fasting regimen Limited Diet No. 20 or 21 to be used for a few days, after which Limited Diets Nos. 27, 28 and 29 could be used in accordance with the dictates of the appetite, being careful to use each diet for at least one day or more at a time. In heart disease you must always keep before you the idea that recovery depends upon limiting the amount of food you eat to the smallest possible quantity essential to the maintenance of life and health.

In the treatment of heart diseases, exercise is almost as important as the diet, since the use of the muscular system is just as essential to the strengthening of the heart as it is to the development of the external muscles of the body. Violent exercise of all kinds must be avoided with very great care, but, of course, the various movements that are necessary in the developing of the chest, and such exercise as is recommended for strengthening the heart in Vol. II, p. 800, can be especially recommended. Physcultopathic Treatments F and G are particularly valuable if one is fairly vigorous. The move-

ments in Physcultopathic Treatments M and N could be used, if strong; as strength is gradually gained these exercises can be made more vigorous. Whenever you find that the exercise is taxing the heart or causing the slightest discomfort then, of course, your efforts should cease, but do not for a moment accept the theory that exercise is dangerous in this complaint. You can be absolutely sure that if no exercise is taken the heart will gradually grow weaker, and the symptoms associated with any disease of this nature are bound to increase in severity unless this radical method of adding to the strength of this organ, the heart, is adopted and followed day after day. Begin moderately and gradually increase the vigor of the exercise. Walking is very valuable.

Although diet may be first in importance in the treatment of heart trouble, and exercise may come next, the stimulation of the external tissues and of the circulation through the use of water treatments is also of very great importance.

Nearly twenty-five years have elapsed since first I treated a patient suffering from heart disease. He was emaciated to an extraordinary degree. He had been told by the doctors that he was liable to drop dead at any moment—that he mustn't walk fast, run or take any exercise requiring extra exertion. In this case I remember giving advice almost directly opposite in nature, though, of course, suggesting that all violent exercise be avoided. This young man improved in a marvelous manner, gained twenty-five pounds in weight, and about eighteen months after he began the treatment which I suggested, he entered a wrestling tournament and defeated every opponent of his weight.

A sufferer from heart disease should not jump into an ice cold bath, or expose his entire body to a shower bath of a similar temperature, but nevertheless he should day by day gradually inure the body to the use of cold water, for there is nothing else that will so effectively assist the heart in its work of circulating the blood through the body. Cold water hardens and tones up the external tissue, accelerates the circulation, drives the blood inward and onward towards

the heart, and in this matter naturally lessens the labors required of the heart. You can begin this cold bathing treatment by exposing one arm at a time, for instance, to moderately cool water; if you so desire you can go so far as to apply fairly cold water to one arm, after which the arm can be dried. Then you can pass on to the other arm, then to one leg, and so on until all parts of the body in turn have enjoyed the tonic effect of the cold water. It would be well to study thoroughly the entire chapter on Hydrotherapy, Vol. III, Chapter II.

I would advise sufferers from heart trouble to look over the various vitality-building regimens (See Vol. III, Chap. VI, p. 1791-97), select methods advised therein that can be adapted to individual needs and follow them out carefully each day, though if the general suggestions made herein are adhered to, it will not be necessary to add very much to them. Air baths and sun baths are splendid tonics.

Exercise, you should remember, is absolutely essential, but a repetition of my warning as to the possibility of over-exertion is not out of place: Advance very slowly in your muscular efforts. Progress very slowly in the use of cold water, but if you rigidly follow the methods I have herewith outlined, you can depend upon absolute recovery. In fact, if your age will permit, you may be able like many others to develop the strength of an athlete in your efforts to remedy the symptoms of your disease.

In acute attacks of heart trouble, the usual drug stimulants should be carefully and absolutely avoided. Equally effective stimulation may be accomplished by the use of water, hot and cold, variously applied. A local hot pack over the heart is a powerful vital stimulant, and may be used in connection with acute pains such as may be experienced in connection with some heart diseases. In cases of weak heart action, a cold pack over the heart, renewed every thirty minutes, exercises a stimulating influence through its reaction. Cold packs, frequently changed, or ice bags placed over two or three thicknesses of wet towel, have a depressing and seda-

tive influence, useful only when it is necessary to reduce the heart action, and should be used only with care. Hot and cold spinal packs are very effective in influencing the heart action in emergencies. In case of heart failure, or what seems to be such, the extremities should be made warm as quickly as possible, both through the application of heat and the rubbing of the limbs, and the patient should drink freely of hot water. The hot abdominal pack will also be very valuable under such circumstances. Physcultopathic Treatments A and B, together with any other movements from the list given in connection with Mechanical Physcultopathy, which affect the cervical spine, will be of great advantage. (See also *First Aid in Heart Failure,* Vol. III, p. 1668.)

HEARTBURN.—A symptom that accompanies many ailments of the stomach. In its severe form it consists of a burning sensation in the gullet, with belching and sour eructations. This disturbance begins soon after a meal, continues for a few hours, and is repeated every few minutes. Heartburn is wholly caused by a plethora of acids in the stomach, and is generally to be attributed to excessive starch fermentation.

One might even go farther in referring to heartburn as an accompaniment of disease of the stomach and say that it is entirely the result of a diseased stomach. In other words, if you treat the stomach properly, heartburn will entirely disappear in every instance. It nearly always follows overeating or the use of foods which are difficult to digest.

Treatment. A temporary attack can usually be remedied with from two to four glasses of very hot water taken gradually. Repeated attacks can be avoided by lessening the quantity of food, thorough mastication, and by the comparatively free use of water between meals. Physcultopathic Treatments F and G will be of value, and a hot abdominal pack will nearly always bring immediate relief in case the hot water does not bring results.

HEAT STROKE.—(Heat Prostration.) A morbid condition similar to that known as sunstroke (which see.) In con-

tradistinction, however, to sunstroke, a heat stroke may result when the sun is obscured from view. It may occur to those working indoors in a close and heated atmosphere. The predisposing causes are similar to those of sunstroke, being of a constitutional nature and in many cases having to do with dietetic errors. It may be distinguished from sunstroke by the difference in temperature, and the manner of attack. Sunstroke comes on suddenly, while heat stroke usually comes on gradually, though not always. In sunstroke the surface of the body is hot and flushed, with a bodily temperature rising to 105 degrees or 108 degrees Fahr. In heat stroke the skin is cool and the temperature often subnormal.

Treatment. For the immediate treatment of an attack, the reader is referred to the chapter on ***First Aid,*** in Vol. III, p. 1680. By way of subsequent treatment it is necessary to adopt constitutional measures for building up the general health. The heat stroke in practically all cases is made possible only by a lack of vital resistance, a sluggish and impure condition of the blood stream and a generally unsatisfactory condition of the body as a whole. The building of increased vitality will enable the victim to avoid future prostrations, and is absolutely necessary in order to recover from the shock and depression of functional and vital powers incident to the attack.

If the attack has been severe, a neutral bath daily for several days, and lasting perhaps an hour or less, will be helpful to rest and quiet the nervous system. Physcultopathic Treatment A, B, C or D may be used for invigorating the nervous system, or perhaps Treatment E or F, as the patient grows strong enough to take them comfortably. If this spinal treatment is taken in the morning, then the neutral bath may be taken in the afternoon or evening.

A complete fast of from one to four or five days will enable the patient to recuperate far more rapidly from the nervous shock. The use of food at this time will only burden the system and hinder recovery. Fasting Regimen No. 2 is suggested, with Breaking-Fast Regimen No. 16, thereafter

gradually returning to the use of ordinary foods, if the return of strength is rapid. If the patient does not gain rapidly however, Milk Diet No. 32 would better follow, continued until normal strength is regained, or, if under weight, until normal weight is reached.

A vitality-building regimen suited to the strength and condition of the patient should be adopted, especially including long walks, deep breathing exercises, dry friction baths and air baths. The latter will help to restore nervous tone aside from their other good influences upon the circulation and the processes of elimination. Naturally, also, the activity of the bowels should be attended to. See treatment for constipation.

HEBEPHRENIA.—A mental derangement associated with puberty. (See *Insanity.*)

HECTIC FEVER.—*Symptoms.* This is a form of chronic blood poisoning often accompanying wounds which fail to heal and are marked by prolonged suppuration. It appears to be due to the absorption of small quantities of pus by the system. It is not often developed in a case of chronic abscess that is still unopened, but where wounds and abcesses are opened and imperfectly treated. The fever is marked by profuse perspiration, especially at night, wasting and usually diarrhœa. The cheeks are flushed. The eyes are bright with pupils dilated; the tongue red and the pulse rapid and weak. There is loss of appetite, progressive weakness and exhaustion, with ultimate death.

Treatment. Treatment of this disease is similar to that of ordinary cases of blood-poisoning, although as a rule there is not the immediate danger that attaches to the latter malady. General treatment should aim to build vitality and perfect functioning of the excretory organs so that poisons may be eliminated in a natural way rather than by the extreme measures necessary in cases of blood-poisoning. However, this energetic form of treatment is sometimes called for.

Strict fasting is always effective, but if inconvenient, Partial-Fasting Regimen No. 8 or 9 can be used instead. This should be continued for several days or as long as the weight

and strength of the patient justify. With the aid of the treatment suggested, symptoms will usually disappear in a few days. After the fast, Milk Diet No. 32 or 33 are desirable.

If there is suppuration from a wound or abscess every effort should be made to keep it clean and permit drainage until the flow of pus has ceased which thanks to the fast and other treatment, will be very shortly. The free drinking of water is recommended during the fast, together with the use of enemas for insuring activity of the alimentary canal. Hot spinal packs may be given in the morning with Physcultopathic Treatment A, B or C, both depending upon the strength of the patient. Each afternoon a cold wet sheet pack should be given for the sake of its eliminative powers. A cold abdominal pack may be taken upon retiring. The patient must have plenty of pure air. When there is a high fever at night, an air bath may be taken, provided the patient does not become chilled or find it uncomfortable. As the patient gains in strength and vitality, a building-up regimen should be adopted. Later proceed as in other convalescence.

HELMINTHIASIS.—The presence of parasites or worms. (See *Intestinal Worms.*)

HEMATEMESIS.—(Hemorrhage from the stomach.) A vomiting of blood, the result of the rupture of blood-vessels within the stomach. The quantity of blood expelled may vary from a teaspoonful to a small basinful and may be either bright or dark red in color. The blood may also be mixed with mucus and food vomited.

Hematemesis is a symptom which accompanies, in many cases, ulcer or cancer of the stomach. It is to be regarded as a sign of some portent.

Treatment. But little can be accomplished by way of treatment excepting absolute quiet. Shortly after, a small glass of cold water in which a quarter of a teaspoonful of salt has been dissolved might be used with advantage. A cold abdominal pack is also of value in some instances.

In case of apparently severe hemorrhage, complete rest in bed will be necessary, lying flat on the back. In this case also

ice bags should be applied to the stomach continually, placing two or three thicknesses of wet towel underneath to protect the skin from too much chilling. In a severe hemorrhage of this kind Fasting Regimen No. 1 should be adhered to for several days. In a less serious case, however, a partial fasting regimen or limited diet may be adopted for a considerable time thereafter. Following any attack of this kind great care must be observed to avoid dietetic errors. Even in mild attacks it is best usually to fast from two to five days, although some acid fruit-juice might be allowed after the first few days if the patient has a craving for it.

Some one of the limited diets ranging from Nos. 20 to 29 could be selected and adhered to with advantage, as the patient gains in strength and digestive power. In most instances, however, following the fast, Milk Diet No. 33 would be best to bring about rapid results. Physcultopathic Treatments A, B and C could be used with advantage as the patient begins to recover. Physcultopathic Treatment D would also be valuable in many cases, though remember not to give too much treatment during one day.

Since hemorrhage from the stomach is a symptom of many other diseases, the important treatment in these cases must be the treatment of the primary disease. Hemorrhage should be relieved immediately according to methods indicated above, but after that proceed with the treatment described in connection with the main disorder. (See also Volume III, page 1669.)

Hematocele.—(Blood Tumor.) A tumor formed by the rupture of an internal blood vessel and the effusion and collection of blood in the surrounding tissue, in short, an internal hemorrhage. (See *Hemorrhage.*)

The instructions for treatment given under *Hemorrhage* should be followed, with special attention to fasting because of its influence in enabling the system the better to absorb the extravasated blood.

Hematuria.—Bleeding emanating from the urinary system. It may come from the kidneys, bladder or urethra, and

is often present when any of these organs is in an inflammatory condition. It is also liable to appear in cases of stone or calculi of the bladder and kidneys and may likewise appear when these organs are the site of tubercular or cancerous affections.

Treatment. If the bleeding is not so severe as to indicate great weakness it should not in any way be interfered with. It will usually stop of its own accord and the loss of blood in this way is sometimes of advantage serving some definite purpose. Where, however, it is clearly indicated that the loss is really lessening the vitality of the patient, a cold sitz bath or a cold hip and abdominal pack will usually be effective in stopping the hemorrhage. Sometimes both should be used, the sitz bath first for ten to twenty minutes, and thereafter the hip and abdominal pack, while lying on the back. In a serious case it would be well to elevate the hips a few inches.

Appearances of symptoms of this character, however, as already said, indicate the presence of some other ailment, and this particular disease, whatever its nature, must be carefully treated, realizing that it is probably serious.

HEMERALOPIA.—See *Night-blindness.*

HEMIANOPSIA.—Blindness in half of the field of vision. See treatment for *Eyes, Diseases of; Sight, Disturbances of.*

HEMIPLEGIA.—One-sided paralysis. See *Paralysis.*

HEMOPERICARDIUM.—Hemorrhage into the pericardial cavity or envelope containing the heart.

HEMOPHILIA.—A condition characterized by a tendency to bleed on the slightest provocation, so that even a slight wound, when neglected, might end in death through loss of blood. This characteristic is usually found in children and in members of the same family. It is an interesting fact that the disease is transmitted through the female members of a family onto their male offspring, although females themselves are rarely affected. It generally abates in later life. In certain cases the tendency may be so marked that even a pin prick or brushing of the teeth may cause hemorrhage to the degree that its control becomes difficult. There seem to be two factors contributing to this condition in many cases,

first the failure of the blood properly to coagulate and second, extreme thinness of the walls of the blood-vessels. The condition may be due to some abnormal condition of the blood, which, though inherited, may be cured by constitutional measures.

Treatment. This disease can be radically remedied in practically every instance by adherence to Fasting Regimen No. 2 for a few days. I realize that many may declare that where the blood is apparently depleted, and there are definite indications of the want of nourishment, a fast is liable to bring about seriously unpleasant results. One may rest assured, however, no serious results will follow.

Follow Fasting Regimen No. 2 from two to ten days depending upon the strength of the patient. If the patient should at any time grow so weak that he cannot walk around, then I would advise the breaking of the fast. After it has continued for a short time, two or three oranges or a half pint or pint of grape-juice could be used daily until the time has arrived when the fast could be broken. Where there is any doubt as to the length of the fast it would probably be better not to continue it after five days, whereupon Breaking-Fast Regimen No. 16 could be used. In the case of children it may often be well to use Partial Fasting Regimen No. 8 or 9 from the start.

Exclusive Milk Diet No. 33 is especially valuable in this disease and should be adhered to until considerable weight is gained and the vitality appears to be safely established. Naturally, the quantity of milk will be reduced somewhat in the case of children to conform to their capacity.

Physcultopathic Treatment F would be of special value in a case of this kind, taken daily; if the patient does not possess sufficient strength to take this particular treatment, a hot spinal pack in the morning would be advised and a hot abdominal pack in the afternoon. While adhering to the milk diet all other water treatments should be avoided, and a neutral bath of 98 or 100 degrees Fahr., could be taken from one-half hour to three-quarters of an hour each day.

When a satisfactory gain in weight has been accomplished, and normal strength is established, Combination Milk Diet No. 72 could be used for a few days, after which the patient may gradually resume the ordinary foods. Thereafter, however, the greatest possible care must be observed to avoid over-eating and a vitality-building process adapted to the strength of the patient should be adhered to persistently.

With the gain of strength, Physcultopathic Treatments J, K, L, M and N could be used, only one each day, taken in turn, as desired.

Every habit and condition that makes for improved health will be of value in this disease, and an outdoor life is to be insisted upon. In the case of children it will be well not to send them to school until they have overcome and outgrown any weakness in the direction of this complaint. Air baths, sun baths and friction baths are of great value, together with sports and games of a health-building nature.

HEMOPTYSIS.—A condition characterized by the expectoration of blood. Blood coughed from the lungs may be distinguished from blood that is vomited by the fact that the latter is dark red in color and lumpy; whereas blood from the respiratory organs is bright red and frothy. This coughing of blood may arise from various causes or a variety of conditions. All diseases of the respiratory tract may at times produce the emission of blood while the quantity expectorated may vary from specks or streaks in the sputum to a considerable amount in the case of hemorrhage (which see).

Treatment. As this disorder arises from a disease of the respiratory tract the treatment in all cases will naturally be that which deals with such disease. Special treatment should be adopted for immediate relief in all cases. Outside of a diseased condition it is possible that an unusual strain of coughing, efforts at blowing the nose too hard, or other conditions causing undue blood pressure or air pressure in the lungs, may give rise to symptoms of the nature quoted.

Hemorrhage of the lungs is a serious matter and requires careful treatment; spitting of blood in small quantities, how-

ever, need not alarm the patient. Extremes in exercise and forced deep breathing should be avoided. Cold chest and shoulder packs renewed frequently, will be effective while the drinking of cold water at intervals is recommended. Pellets of ice may be given with good effect.

If the difficulty is alarming, the patient should sit in a reclining chair, and have frequently renewed applications of cold packs to the upper spine and hot applications to the feet.

The constitutional treatment is most important in all cases. When the hemorrhage is associated with some other disease, the treatment, as a whole, should follow the lines indicated elsewhere as appropriate to that disease. If the trouble is due to a run-down condition, not complicated with a specific malady, then a general regimen should be adopted for purifying the blood and building up vitality. A brief fast followed by a limited diet will be effective if one is of normal weight; or by Milk Diet No. 33 if below normal weight. In the former case one may choose from Limited Diets Nos. 20-29.

HEMORRHAGE.—A term applied to profuse bleeding or loss of blood from the blood-vessels. Hemorrhage may be either internal or external and may be due either to internal disease or external injury. The copious discharge of blood which occasionally accompanies internal disease allows of practically little or no local relief, and ameliorative measures can only be found in constitutional treatment. But an external hemorrhage due to accident such as a severe cut, can be readily controlled.

Treatment. In attempting to check an external flow of blood remember that the blood current is flowing back to the heart by the veins whereas in the arteries the current is coming away from the heart. Therefore, after first determining whether the emission comes from a vein or an artery, compression must be made accordingly. If an artery is severed, then the bandage must be applied on that side of the wound which is nearest the heart; if on the contrary a vein is lacerated, the flow of blood must be obstructed on the side of the wound away from the heart.

For further and more detailed suggestions in regard to external hemorrhages see *First Aid Treatment of Wounds,* Vol. III, Chapter 4, page 1683; illustrations are there given of the pressure of important arteries with the fingers, a most effective method in emergencies.

Hemorrhage of the Lungs is a common symptom of pulmonary tuberculosis, but in all other cases, as when produced by strain or violence, the treatment should be identical. In all instances absolute rest is necessary. The detail of treatment for hemorrhage of the lungs will be found in connection with the treatment for consumption (which see.)

If there is evidence of *internal hemorrhage* in any part of the body, good immediate treatment in some cases is the application of pressure, by the hands, or in any other way. This, however, cannot be continued very long. The application of cold, preferably ice or ice bags, will be effective. If cold and pressure can be accomplished at the same time by means of a piece of ice with a towel rolled around it, so much the better. In a vital or tender part only cold should be used, without pressure. Absolute quiet is important and the part of the body affected should be raised as high as possible. If on one side, for instance, the patient should lie on the other side. In some cases an immediate surgical operation might check an internal hemorrhage by exposing the bleeding part as in the case of an injury to the liver or spleen or in case of a hemorrhage from a typhoid ulcer of the intestine. The constitutional treatment in all cases of this kind is most important. For the first two or three days Fasting Regimen No. 1 would be advantageous, after which, Fasting Regimen No. 2 or 3 is preferred, and should be adopted for two or three days more.

Breaking-Fast Regimen No. 16 should be used, and if there are any other signs of further danger, probably the exclusive milk diet would be the most suitable dietetic regimen to follow, otherwise, choice can be made from Limited Diets Nos. 20-29 for two or three days, but always following one limited diet for at least one day at a time; after that gradually adopting the use or ordinary foods. After two or three

days, the application of hot packs to the part of the body affected will be of advantage. For treatment of internal hemorrhages over the surface of the body, see *Contusions,* Volume III, page 1660.

Uterine hemorrhage should be treated with cold wet hip and abdominal packs, the patient lying on the back, with hips elevated some inches above the level of the head. In a severe case, absolute quiet will be necessary. In such cases also ice bags may be applied over two or three thicknesses of a wet towel. Fasting is also indicated until all immediate danger from further hemorrhage is passed.

HEMORRHOIDS.—(Piles.) Hemorrhoids are an exceedingly common and troublesome complaint due to small tumors which appear at the edge or just within the anus, and cause intense pain when evacuation takes place.

Piles are generally slow in developing and may be present some time before they are detected. The symptoms which attend their formation are pain at stool, slight bleeding, when the trouble is internal, and a feeling of soreness and irritation after the passage of the feces.

Piles frequently cause intense itching. Piles of this character can be readily cured by the treatment here described.

When neglected, the piles increase in number, inflammation of the mucous membrane of the rectum may follow, the pain is intensified and bleeding becomes more profuse. The swellings, which at first are the size of a pea, grow to the size of a plum. More or less continuous bleeding may then set in.

Though hemorrhoids are usually regarded by the medical faculty as a purely local disturbance, this opinion is disproved by the fact that constitutional measures quickly bring about their obliteration; whereas local palliatives always prove more or less unavailing.

Constipation of a chronic nature is a predisposing cause of the appearance of piles.

Treatment. In order to secure effective results, treatment should be both constitutional and local; constitutional treatment alone will in many cases bring about satisfactory re-

sults. Fasting, for instance, is an exceedingly valuable remedy for this disease. The tendency of this regimen is to allay inflammation of all kinds, and it seems to be especially effective in connection with this malady. I would therefore advise Fasting Regimen No. 2 to be followed from five to twenty days, depending upon the strength of the patient. As a rule the longer the fast is continued, the more effective will be the cure. The Breaking-Fast Regimen adapted to the length of your fast, can be used. Please note, however, that milk diet, unless a great degree of care is used, is inclined to greatly aggravate the symptoms for the first few days; yet such diet will bring about far more speedy results in the cure of this ailment than any other dietetic regimen. I would therefore advise in nearly every instance that the largest possible quantity of milk be taken not only during the day, and at frequent intervals, but in the evening and at night if the patient should happen to awaken.

I would furthermore advise the injection into the rectum of two or three ounces of olive oil every night before retiring, especially while he is continuing the milk diet. This, however, should not be injected until immediately before retiring, for if otherwise, it may not be retained. Where the occupation is of such nature that you cannot follow the milk diet, an uncooked diet, of which cereals form an important part, is specially recommended. For instance, Cereal Diets No. 81, 82, 83 would be valuable in this particular difficulty. Salad Diets No. 84, 85 and 86 would also be advisable now and then.

Bread, milk, Salad

A cold sitz bath, taken every day upon arising and retiring, will in many cases, be of value, though you must recuperate with a feeling of warmth after this bath, for if the body feels chilly, the bath should be shortened or avoided altogether. About one-half pint or a pint of cold water injected into the rectum and retained, once or twice daily, will also be of value.

Light exercise of various kinds will, of course, assist in the cure to the extent that it affects the general vital vigor. Physcultopathic Treatments F and G, and Physcultopathic Treatments M and N can be especially recommended.

A vitality-building regimen that is adapted to your needs day by day, would be of help in adding to the bodily vigor.

HERMAPHRODITISM.—A double sexed condition marked by the possession of both ovaries and testicles more or less developed. It is often a malformation.

HEMOTHORAX.–Accumulation of blood in the chest or lung cavity. Treat same as *Hemorrhage of Lungs*.

HEPATITIS.—Inflammation of the Liver. See *Liver, Diseases of*.

HERNIA.—See *Rupture*.

HERPES.—An eruption of the skin which appears in the form of one or more blisters on various parts of the body. The most common variety is a blister on the lip, which appears in the course of some infectious disease. They often appear along the course of a single nerve and are then complicated with symptoms of neuralgia. One or more of these blisters may coalesce, thus forming a running sore, the healing of which at times, becomes difficult.

Herpes generally appears during the earlier years of life and its cause is to be found in intestinal and digestive troubles.

Another form of Herpes is that known as ringworm.

Treatment. This disease appears because of a defective condition of the blood. Therefore as a means of recovery I would recommend Fasting Regimen No. 3 ranging from two to ten days, depending upon the vitality and the weight of the patient. Use Breaking-Fast Regimen No. 16 or 17 as indicated by the length of your fast. Milk Diet No. 33 would be of special value by flushing the system with nourishment. Where the milk diet cannot be followed, any diet which is limited to the lowest amount of nourishment which will maintain your vitality would no doubt bring about satisfactory results. Milk and Fruit Diets such as No. 43, 46 and 47 would be recommended where the exclusive milk diet is impossible.

The application of cold wet packs to the affected parts is often of value. The use of mud packs applied at night and allowed to remain until morning, is in many cases to be recommended. If you select a vitality-building regimen adapted to

your individual strength and follow it out in detail, it will naturally assist the process of recovery. Steam baths are sometimes of considerable value, especially where associated with the exclusive milk diet. Long walks are also most beneficial wherever the strength of the patient is sufficient.

Air baths are of great value in a case of this kind. All of the channels of elimination should be kept open and active. If there is any tendency to constipation this should at once be corrected, if necessary by the use of enemas. A general vitality-building regimen should be adopted suited to the patient's condition and strength.

Hiccough or Hiccup.—A spasm of the diaphragm, caused by nervous irritation, due to some disturbance of digestion. Over-eating is the usual cause, or, in the case of children, an undue consumption of sugar, or sugar foods.

Treatment. Usually hiccough requires no attention, disappearing of its own accord. When it continues for a long time, however, ten to twenty small "swallows" of hot water will usually prove to be an effective remedy. Where this does not bring about desired results, the following method is warranted never to fail: Secure a very strong belt of some kind or a fairly heavy rope and proceed to compress the waist and stomach as much as you possibly can. As a rule a moderate pressure will eliminate all symptoms of hiccough; if, however, a moderate pressure is not effective, continue to increase the pressure by tightening the belt or rope until the symptoms stop. This is a mechanical remedy that is as accurate in its results as any mechanical problem. You can make the pressure so great that it is impossible for one to continue the hiccough, and a cure results as soon as the abnormal nervous spasm passes away.

Hip Joint, Congenital Malformation of.—A dislocated condition of the hip joint in which the head of the thigh bone appears outside instead of in its socket. The protuberance may be either in front or outside the pelvis. It is a disease due to an incomplete development of the socket and appears more often in girls than in boys. When the displace-

ment is on one side only, one leg becomes shorter than the other, with the result that the walk is characterized by a limp. But, should both limbs be affected progression is marked by a clumsy waddling, similar to the strut of a duck. Naturally, the sufferer is unable to walk far and soon becomes tired.

Treatment. As a rule this deformity is more or less amenable to manipulative treatment and a skilled bone-setter, in combination with constitutional measures, may accomplish much.

There is little use to try a home treatment for this disease, outside of what can be done in the way of adding to one's general vitality. Only one who is skilled in manipulative treatment or in bone-setting can attempt to remedy a malformation of this nature. What can be accomplished even by such means can only be determined after a careful examination. In many instances, especially when the malformation is treated very early in life, there is a possibility of a permanent cure.

The means to be adopted for the building of increased vitality in such cases would be very similar to that that would be used for the cure of any disease that depends largely upon constitutional treatment—though naturally many of the exercises that would be ordinarily recommended, could not be taken. However, nearly all the exercises for the upper part of the body may be used, while the development of the muscles of the abdominal and chest regions together with those of the arms, shoulders and back, will be of material value in adding to the vital vigor which is so important in assisting to remedy this and all other diseases.

Manipulation of the hip by means of Mechanical Physcultopathy is to be recommended, and will probably accomplish good results. This disorder, however, in its very nature involves such a radical defect of the hip joint that one cannot expect anything like a complete return of the hip joint to the normal state.

HIP JOINT INFLAMMATION.—A stubborn disease of the hip joint which is generally considered tubercular in origin though it is not uncommon as an after-effect of an infectious

disease such as typhoid or scarlet fever. The malady begins with pain in the hip and knee and difficulty in walking; then the hip joint becomes stiff and at times almost immovable making one leg appear shorter than the other. When tubercular symptoms are present and the inflammation spreads, the surrounding organs may become infected and a serious issue follow. Although, even in advanced cases, constitutional measures will always afford relief, some permanent lameness generally follows unless the disease is treated in its early stages.

Treatment. This complaint is distinctly of a constitutional nature. The method of treatment, therefore, which must be adopted is that which appertains to the building of increased vital vigor throughout the body.

Naturally, the constitutional treatment that can be recommended in each case, will depend entirely on the vitality of the patient. As a rule, the sufferer from this complaint is considerably below normal weight, and fasting must be used with discretion. In such cases Fasting Regimen No. 2 to be followed from three to five days, Breaking-Fast-Regimen No. 16 to follow thereafter are recommended.

In cases where the weight is above normal, the fast can be continued for from ten days to two weeks. The milk diet is especially advocated



An example of emaciation and weakness attending inflammation of hip joint. Through natural methods, this patient was restored to health and suffers only a slight lameness despite the fact that his right leg had been almost entirely wasted away.

because of its power to add vigor to the assimilative organs. While the milk diet is followed a great deal of exercise is not advised. The only exception to this rule would be the exercises that are named in the general vitality-building regimens adapted to the strength of the patient. Such exercise should be taken in the morning before beginning the milk diet, and continued until the patient feels slightly fatigued. Thereafter but little exercise will be needed for the rest of the day.

If the patient finds it impossible to follow an exclusive milk diet on account of his environments or occupation, the Milk and Fruit Diet No. 43 or 46 could be taken in accordance with the dictates of the appetite. The diet could be changed from day to day as the appetite might require. As a rule, the food which tastes the best, provided it is wholesome in character, is the most needed by the system.

If the patient is fairly strong, Physcultopathic Movements M and N could be used to advantage morning and evening, but if weak Physcultopathic Treatment F or G may be recommended. Sun and air baths are especially valuable in the treatment of this disease and are advised whenever the temperature and weather will permit. It may be added that all natural methods for adding to the general vitality: viz., exercise, diet, bathing, etc., are emphatically advised in this connection. Walking, provided that it does not cause pain, is excellent. Even where such pain appears, and does not take the form of sharp, definite twinges, it is better to ignore it. In other words, where the pain is little more than a feeling of discomfort, be persistent in your efforts, but do not overdo either treatment or exercise.

HIVES.—(Nettle Rash.) A skin disease which shows itself by the eruption of pale red patches and blotches varying in size from a dime to a dollar. These eruptions burn and itch for a period and generally vanish as rapidly as they arise. In some cases, the disfigurement spreads over a large area and is especially prone to attack the face. The itching is always more or less severe, but is without significance. The eruption is often brought on by injudicious diet.

Treatment. Usually a daily hot bath and the free use of soap will remove the symptoms. If this does not prove effective, then I would advise a hot bath in the morning and a cold bath in the afternoon or before retiring. A wet sheet pack is even more effective than the cold bath, especially if it is immediately preceded by a hot bath. It will be well if you perspire very freely while in the sheet pack. Sun and air baths are sometimes immediately effective in remedying hives.

If the manifestations of the ailment continue, methods must be adopted with a view of adding to the vital vigor. If the symptoms are especially severe, Fasting Regimen No. 2 for one to two days would be advantageous. Breaking-Fast Regimen No. 16 could be adhered to thereafter. Milk Diet No. 32 is also excellent, though usually all the symptoms of this ailment will disappear under the treatment described.

HOARSENESS.—An impairment and harshness of the voice due to some abnormal condition of the larynx or throat. See *Larynx, Diseases of,* in this volume. Also Chapter VI on *Vocal Culture,* Vol. II.

HOB-NAIL LIVER.—A liver covered with small flat protuberances like the heads of hob-nails, following cirrhosis of the liver or prolonged congestion. Also called Gin-Drinkers' Liver. (See *Liver, Diseases of.*)

HOMESICKNESS.—(Nostalgia.) A peculiar and abnormal condition marked by both mental and physical disturbances, arising from an exaggerated longing for home and old associations both in the way of places and relatives or friends. It is always more common where the absence from home and friends is compulsory, and especially after leaving a home in which one has lived a quiet and secluded life for many, many years. It is not uncommonly found among recruits in the army and navy. The mental disturbance sometimes leads to melancholia and usually to severe forms of physical depression.

Treatment. Although a return home naturally affords the most complete cure in all cases, still where this is impossible, energetic measures for arousing all-around physical

activity and the functional organs of the body will invariably have a good effect in relieving the mental depression. In short, anything that will help "brace up" the patient physically, will be of advantage. It is true that psychological treatment in the way of providing entertainment and various matters of interest is of incalculable value but in addition to this, active exercise, outdoor life, and an abundant use of cold water will usually bring a distinct and immediate improvement. A cold douche, cold shower or plunge bath will so invigorate and vitalize the energies of the patient as to bring about an improvement in spirits at the same time.

If, as is usual, there is a lack of appetite the patient should not be induced to eat so long as he feels a repugnance for food. Under the circumstances, however, outdoor air combined with plenty of exercise and a cold bath will nearly always restore a normal appetite. This plan should be followed in all cases. Fasting, beyond one or two days, is not advisable, because the weakness which is sometimes associated with extended fasting, will in connection with a condition of depression such as this disease represents, only aggravate the sense of homesickness.

Hookworm.—A disease found chiefly in workers in mines. It is more or less prevalent in the southern United States. It is caused by a worm that attaches itself to the surface of the mucous membrane of the small intestine and lives upon the blood it sucks. The disease is recognizable by microscopical examination of the feces in which the eggs of the worm are found. The chief external symptoms of this ailment are anemia, bloody diarrhœa, lung and heart affection, great weakness, etc.

Those who are affected by this disease, in addition to the symptoms just described, often exhibit lustreless eyes and sallow complexions, so much so indeed that they are sometimes said to have the Florida complexion. Children who are affected with it do not attain normal growth. The emaciation which is a characteristic of hookworm is the result of the parasite drawing blood from the walls of the intestines.

Treatment. It is necessary to eliminate from the alimentary canal the parasites that are responsible for the disease. When treating the latter with this end in view, a fast is recommended, in connection with which I advise the free use of water and a heaping teaspoonful of sterilized sand at least four times daily. The fast should continue for from four to seventeen days if possible, or until the patient feels that he cannot safely continue it. If the patient begins to feel weakened as a result of such fast, three or four oranges or apples, or a similar quantity of other acid fruit may be taken by him each day. This fruit, however, should not be taken during the first six or seven days of the fast. The breaking-fast regimen, such as is called for by the length of your fast, should be followed out.

Milk Diet No. 32 will in most cases be of great advantage, though if this is impossible, the general diet, such as is prescribed in the breaking-fast regimen that is followed, could be adhered to. The general vitality-building regimen applicable to the vital condition of the patient should be adopted and practiced day by day.

HORDEOLUM.—(Stye.) See *Eyelid, Stye on.*

HOUSEMAID'S KNEE.—A comparatively rare disease which appears in the knee joint of those whose occupation calls for constant kneeling. Its main symptom is an inflammatory accumulation of fluid in a cyst in front of the knee joint.

Treatment. Though it is true that in many instances this disease seems to be caused by the patient's having constantly assumed a kneeling posture, constitutional measures must be adopted to fight the inflammation and graver symptoms. Very frequently, the mere application of a cold knee pack running from the center of the calf to the center of the upper leg will bring about satisfactory results. This pack should be put on the affected leg at night and allowed to remain until the morning for several nights in succession. Sometimes alternate hot and cold wet packs will answer better, the cold being applied last.

Mud packs are frequently found more effective than

ordinary packs, and they can be used in the manner described. If definite results are not quickly secured by them, however, you may be certain that a constitutional treatment of some kind must be adopted with a view of developing that condition of the blood which is necessary to heal inflammation or other of the symptoms.

In the constitutional treatment, I would advise, first of all, Fasting Regimen No. 1 for one day, Fasting Regimen No. 3 to follow for one day only, Fasting Regimen No. 2 to follow for one day, making three days' fast. Breaking-Fast Regimen No. 16 can be used when breaking this fast. Wherever convenient, the milk diet is advised unless the weight of the patient is considerably above the normal. In such a case any of the limited diets could be adhered to until all the symptoms of the disease have disappeared, after which an ordinary dietetic regimen can be followed. If the weight is below normal, milk diet will, of course, be preferable; if the occupation makes this difficult or impossible, then Combination Milk Diet No. 49, 56 or 74 could be used in accordance with the dictates of the appetite, though be sure to adhere to one of these diets during an entire day.

Various movements that tend to increase the spinal vigor will be of considerable advantage for this purpose. Physcultopathic Treatment G could be beneficially used and Physcultopathic Treatment M would also be of value where the strength is sufficient to easily perform it.

HUNCHBACK.—A more or less chronic inflammatory disease of the vertebral column, generally accompanied by tubercular degeneration of the backbone. The disease may, apparently, lie quiescent for years; but as degeneration progresses alarming symptoms often develop such as paralysis of the lower limbs, of the intestine, and of the bladder.

Treatment. This disease is curable as far as remedying the inflammation associated with it is concerned. But in the case of the deformity of the spine, such as seen in the hunchback, little or no result can be expected; such deformity may be termed incurable, more particularly in the adult.

In the case of an infant so affected, measures might be adopted which would arrest the progress of the disease and perhaps bring the spine back to its original form; but where it has existed for a considerable period and there is ankylosis or permanent stiffness of the vertebræ a cure is practically impossible. In order to stop the inflammatory progress of the disease, it is necessary to adopt those vitality-building measures which shall purify the blood stream and add to the vigor of the entire functional organism. A short fast should be adopted, such as is advised in Fasting Regimen No. 2 if it is not specially unpleasant—though Limited Diet No. 30 or 31 could be used for a period as a substitute for a fast if desired. If a fast is desired, then Breaking-Fast Regimen No. 16 could be adhered to, following thereafter the milk diet being preferred. If milk diet is not taken, then Combination Milk Diets No. 51 and 59 could be used instead.

Select the vitality-building regimen adapted to your strength and follow it out day by day with persistency. Some of the exercises named may be impossible to you by reason of your deformity, but adhere to those which you can easily perform. Physcultopathic Movements M and N would be of much benefit by adding to the general strength of the muscular and nervous organism.

HYDROCELE.—A swelling of the testicle due to the accumulation of water. The intumesence may grow to a considerable extent and cause serious inconvenience and discomfort, although, as a rule, unaccompanied by severe pain.

Congenital hydrocele is the most usual form of this disease though it may result from a blow or an accident.

Treatment. The treatment should be both local and constitutional in order to bring about satisfactory results. The vitality-building processes must also be awakened to the greatest degree of activity to induce a permanent cure. Cold sitz baths on rising and retiring at night are especially valuable and are also advantageous if taken during the day. The greatest care, however, must be used to recuperate with a feeling of warmth. This may usually be insured by placing

the feet in another basin containing hot water, while taking the sitz bath. If one feels chilly after this bath, it is better not to take another until a sufficiently long period has elapsed. If this chilliness continues for fifteen or thirty minutes, however, this bath should be discontinued altogether or else taken for a very short period. After a cold sitz bath taken immediately before retiring, a cold wet cloth should be applied to the affected part. If, after following this line of treatment for a few days no results of value are noticed, then apply a mud pack at night and allow it to remain until the morning. Cold sitz baths should be continued during the day as previously suggested..

In addition to these means of stimulating the vitality of the tissues, I would also advise a general vitality-building regimen adapted to the strength of the patient, with a view of adding to the life-giving elements of the blood. The tissues will be greatly strengthened thereby and a cure will be far more easily effected. There are cases of this disease where it is necessary to withdraw the accumulated fluid; immediately after such an operation diligent treatment should be adopted with a view of offsetting the tendency to again accumulate the testical liquid. Mud packs are especially effective after an operation of this nature, and they should be used at night. If the temperature of the body is fairly high these mud packs should be cold; otherwise they should be used hot. Only clean or sterilized earth should be used.

Fasting Regimen No. 1 would be of special value in this disease and a fast continued for two or three days, provided severe discomfort does not follow. When the desire for water becomes pressing you can satisfy it to a moderate degree, and thereafter use Fasting Regimen No. 2. If considerable vitality is possessed, this fasting regimen could be continued for from one to two weeks. If of only moderate vitality, from three to five days would be sufficient as a start. After the fast, adhere to the breaking-fast regimen adapted to the length of your fast, though the milk diet would not be advised in this difficulty. Limited Diet No. 30 or No. 31 can

be observed with advantage, though almost any wholesome diet that will agree with you would be in order, provided that you avoid over-eating.

HYDROCEPHALUS.—An accumulation of a watery fluid between the membranes or within the ventricles of the brain, commonly known as water, or dropsy on the brain.

Hydrocephalus generally appears in children who exhibit physical and mental lack of development. It is congenital in origin and develops during the first few months of life. Sometimes the condition is a result of an acute attack of meningitis. As the swelling extends, the head increases in size. The consequence of this internal pressure upon the brain is that the brain tissue begins to waste away and insanity follows.

Treatment. The appearance of this disease in practically every instance, indicates a lack of functional vigor associated with vital depletion. Therefore one can only expect curative results through increasing the general vital vigor. This can be accomplished by scientific diet and fasting when necessary. Stimulation of the spinal centers, together with movements that exercise the spine and indeed all parts of the body is essential. In a case of this disease I would advise Fasting Regimen No. 2 for from one to two days, to be followed by Exclusive Milk Diet No. 33, though the quantity of milk advised in this particular diet will have to be reduced. If the treatment is begun immediately upon the first appearance of the symptoms, speedy results may be expected. As a rule, it is desirable to give milk in this diet to the extent of the desires of the patient. If the patient is from four to six years of age, 2 to 3 quarts of milk will usually be consumed daily, though if a lesser quantity is craved it should not cause worry, especially if the weight of the patient is being maintained. Milk and Fruit Diet Nos. 42 and 43 could be used with advantage if the patient does not seem to relish an exclusive milk diet.

Neutral baths could be taken every day with advantage ranging from 20 to 30 minutes, the temperature of the water to be from 98 to 100 degrees. Before beginning the diet

each day, the muscles of the patient should be thoroughly exercised. Stimulation of spinal activity, through stretching the spine by raising the patient by the feet and standing him on his head for a brief period, would be of distinct advantage. Treatments D and E could be used daily with considerable benefit, and if the patient is strong enough he should go through more vigorous exercises.

HYDRONEPHROSIS.—Accumulated urine in the kidney, from obstruction. *Urine, Retention of.*

HYDROPERICARDIUM.—(Pericardial Dropsy.) The accumulation of a quantity of liquid in the pericardial sac (the heart's covering) without accompanying inflammation of the membrane. It is an accompaniment of a general dropsical condition. The result of this state is to create severe and acute heart disturbance accompanied with paroxysms of acute and piercing pain, not confined to the heart alone but radiating also into the arm and shoulder of the left side. In addition to the pain, marked oppression of the heart is felt, and even when pain diminishes this oppression remains as well as palpitation of a more or less severe nature. There is often difficulty in breathing and swallowing. The symptoms outlined are at all times of great gravity, and if recovery is to follow, care and self-control must be exercised.

Treatment. Inasmuch as the symptoms are usually associated with some other complaint, the following out of the instructions given for the disease with which it is associated will be effective in practically every instance. If there are no definite signs of another complaint, however, the following methods can be adopted with assurance of pleasing results if instructions are followed closely.

First of all in this complaint be sure that the patient is placed where a plentiful supply of pure air can be secured; the windows of the patient's room should be wide open. Though care should be observed that he may not be chilled from a direct current of air, yet it is imperative that he should breathe the outdoor atmosphere continuously; no matter what the temperature, this rule must be absolutely adhered to. Hot water

bottles may be placed to the feet and about various other parts of the body, with a view of maintaining warmth, if necessary. Additional covering may also be used. The breathing of air of absolute purity is required first of all; and after this is assured then you can resort to the following measures:

If the patient is suffering from a severe cold a cold chest pack can be used, carefully watching the pulse or heartbeat, following the application of this pack. If there are symptoms of distinct relief, allow the pack to remain from one-half to two hours; if there are symptoms of discomfort it should be removed. If the patient is inclined to be chilly the pack should be hot instead of cold, though if hot it should not remain more than thirty minutes or an hour.

It seems hardly necessary to state that when there are severe symptoms of this character, every mouthful of food acts like a positive poison. In some few instances where there is a very strong craving for some acid fruit, the juice of an orange or lemon could be used, though even food of this character must be used with very great care. The free drinking of water is especially recommended and this water can be flavored with salt or lemon juice if especially desired. It may be taken hot or cold as the patient may prefer. A small daily enema can be used provided the bowels are not acting with satisfactory regularity. This enema should be cool if suffering from high fever—warm if otherwise.

Very great care must be used to avoid *too much treatment.* From every treatment there must be a distinct recuperation—definite signs that the patient has been improved thereby. If otherwise, then the treatment should not be repeated or its duration materially shortened. As the dangerous symptoms of the disease subside, nourishment can be given in the form of acid fruits, which may later be followed with milk taken hot or cold according to the dictates of the feelings of the patient. Care must be used to avoid over-feeding at this time, as too much nourishment may be the cause of serious relapses. It is far better to under-feed and be on the safe side than to over-feed and run the risk of serious consequences.

Physcultopathic Treatment A or B may be given, and as the patient grows stronger more vigorous treatment of this type may be employed. A general vitality-building regimen suited to the condition of the patient should also be adopted as soon as possible.

Hydrophobia.—(Rabies.) An infectious disease communicated to man by the bite of an animal, usually carnivorous, that is suffering from rabies. The first symptoms of hydrophobia (which may not appear until some time after the sufferer is bitten) are pains in the region of the bite and more or less swelling. These pains are not acute but resemble a dragging, almost a tearing sensation; the patient is tired and oppressed; he becomes nervous and fearful at the least provocation; and there is more or less fever present. The breathing becomes spasmodic and a severe thirst develops, yet the mere thought of drinking water arouses revulsion not to say terror. In severe cases, the victim becomes maniacal and suffers from intense excitement accompanied by violent paroxysms of rage.

When hydrophobia takes a favorable course all these symptoms subside, and the most favorable sign is the ability to assuage thirst. But more often death occurs within a week from the onslaught of the disease, generally from inability to breathe and from heart failure. (See also *Dog Bites,* Vol. III, p. 1677.)

The symptoms of this disease are in many instances brought about by the fear which possesses the victim after the bite of an animal from which the disease might be caught. Many people seem to take it for granted that everyone who is thus bitten by a dog must necessarily contract hydrophobia which is a manifest and often dangerous error. The Pasteur treatment for this disease is claimed to be a wonderful success for the reason that cases treated are classed as cured, provided that no symptoms appear. An English publisher recently enumerated three hundred cases of death resulting after the Pasteur treatment, so it is not a sure cure by any means.

Treatment. I am firmly convinced that if proper methods

are adopted immediately after the bite of an animal suffering from rabies, all danger of the disease will be obliterated by such treatment. This treatment should include various means for arousing the activity of the purifying or depurating organs to the greatest possible degree. For instance, profuse perspiration should be induced daily by a long run or some similar active exercise, provided one is sufficiently strong to endure such exercise. Another excellent way of inducing profuse perspiration is by steam baths; if this is not possible, then a hot bath taken in a warm room or cabinet is advised each day. In addition to this sweating process I would suggest the very free drinking of water, either hot or cold, as desired by the patient. For the first two or three days following the possible infection of the bite I would advise Fasting Regimen No. 6. If sterilized sand cannot be secured for use in connection with this fast, then a half ounce of bran-wheat could be chewed and swallowed three times a day. Following this fasting regimen, Limited Diet No. 30 or 31 should be adhered to. A vitality-building regimen adapted to the strength of the patient should be selected and followed very carefully; this is very important. After the first few days of this treatment, the patient will lose in weight, but undue weight is often dangerous in connection with this disease. If the body can be reduced to such an extent that it is certain that the poisonous material has been eliminated, then one has become immune to hydrophobia or any other infectious disease.

If one is within the throes of the fearful paroxysms that are associated with the complaint, profuse perspiration will nearly always bring relief. A cold sheet pack, with the application of hot water bottles and two or more blankets will often assist in bringing about such perspiration. The profuse drinking of water while these fever symptoms appear might be valuable, but owing to the patient's instinctive repugnance to water when suffering from hydrophobia, it may be just as well not to offer it. As a substitute I would advise the injection of two or three quarts of water into the rectum, and every effort should be made to induce the patient to retain this.

This water should be cool. If the patient cannot retain two quarts, then inject as much as he can retain. If the injection of this water is repeated every hour while the acute symptoms of the disease are in evidence, it will be of material advantage in relieving the patient. Remember, however, that in case no water can be retained, it is of no advantage to use the injections. Fasting Regimen No. 1 should be continued until all symptoms disappear.

Cold applications to the head and upper spine may be used to quiet the nervous system and relieve the paroxysms. (See *Experience with Hydrophobia,* Vol. III, p. 1334.)

HYDROTHORAX.—Dropsy in chest or lung sacs. See *Dropsy.*

HYPOCHONDRIA.—A morbid state of mind, hysterical in nature, in which the sufferer imagines himself to be the victim of some grave disorder. This brooding may in certain cases, develop into insanity.

Treatment. In order to treat a malady of this nature it is advisable to learn as much as possible of its character. Its symptoms are frequently caused by diseases of the stomach and intestines. In fact you can rely on some digestive difficulty being the cause of the disorder in practically every instance; the foreign or poisonous elements that have accumulated in the blood clog both brain and body and hence the natural exhilaration that is associated with normal health never appears in the case of a hypochondriac. If you will use those vitality-building methods that are described in the treatment of nearly all ailments due to decreased vitality, the changes in your condition will be encouraging in a reasonably short time.

It is far better to begin the treatment of this disease with a fast; Fasting Regimen No. 2 is perhaps the best to be used under the circumstances. This fast may be from two to five days in length if one is below normal weight, though if above normal weight it could be continued for ten days or even longer in case there is not a serious loss of strength. The Breaking-Fast Regimen adapted to the strength of the patient should then be used after this fast. Milk Diet No. 33 is especially

valuable in assisting in a recovery. Where there are defects in the assimilation indicated by the weight being considerably less than normal, the milk diet is especially necessary. In cases where this diet cannot be adhered to as prescribed, the Combination Milk Diets Nos. 50 and 61 could be used instead. Where the weight is above normal, after having satisfactorily broken the fast, then Limited Diets No. 23 or 26 could be followed with advantage.

Constipation is in many cases the direct and almost the only cause of this disorder, and if there is any tendency in this direction it should be overcome at once by proper treatment.

Physcultopathic Treatments F and G can be recommended for daily treatment; these will stimulate the vital energies to a considerable extent, and where the patient is fairly strong Physcultopathic Movements M and N can be recommended as morning or evening exercise. Long walks are excellent for this ailment. It would also be well to look over the vitality-building regimens and add to that one adapted to the strength of the patient exercises of an appropriate nature. Outdoor life, air baths and sun baths are especially efficacious.

HYPOSPADIA.—See Vol. V, Chapter VII.

HYSTERIA.—A nervous affection mental in origin and nature, the signs of which are physical.

The chief mental symptoms are a tendency to laugh or to cry on the slightest, or even without any provocation; great excitability followed by moroseness and depression.

The most important of the physical signs are loss of sensation, anæsthesia of the skin. This lack of sensation may affect a part or the whole of the skin, to the extent that a pin prick is not only not felt but produces no bleeding. The senses of sight, taste, smell and hearing may also be affected. Other manifestations are convulsive seizures and acute spasms, so that the patient tosses himself wildly to and fro, all muscular control being for the time completely lost. These attacks are accompanied with weeping, screaming, and laughing, and at times the sufferer throws the body upon the ground, forming a rigid arch between the nape of the neck and

the heels. Hysteria has now a far wider significance and range than was formerly thought to be the case, and is due, in large part, to the dissociation of the mind. Students would do well to consult such a book as Coriat's *Abnormal Psychology,* in all diseases of this character.

Treatment. Though such symptoms are, to many persons, alarming in the extreme, they usually yield rapidly to proper mental and constitutional treatment.

The immediate treatment for acute attacks of hysteria is given in Volume III, page 1669, which see. Naturally this should consist of measures which will quiet the nerves and for this reason cold water applied to the head, back of the neck and upper spine is recommended. In some cases, it is most convenient to apply cold water to the face, but it is best to wrap the cold wet towel about the head and back of the neck.

Fresh air and preferably cold air will be very effective, and the greater the exposure of the skin to the air, the better. Air baths have a marked effect for good upon the nervous system. Cold air coming in contact with the surface of the body in a case of this kind will prove very helpful. Absolutely fresh air to breathe is likewise essential.

As soon as convenient or when the patient can be induced to co-operate in the treatment, full immersion in a neutral bath (95 degrees to 98 degrees Fahr.) will overcome the excited condition of the nerves. If this is not convenient, a hot foot-bath with cold packs to the head and back of the neck will accomplish the desired result.

In many instances, attacks of hysteria are mere expressions of ill temper or lack of control. Small children who have been spoiled and allowed to have their own way too much, will indulge in hysterical demonstrations of anger. The same sometimes happens among children of adult years though it may be noticed that in throwing themselves down they are very careful not to hurt themselves. Even in such cases, however, the use of cold water will be helpful in relieving their excitement, although the best method in such cases is to absolutely ignore their existence and their behavior. A thorough exami-

nation and treatment of the mind should be undertaken by a specialist in this field, if possible; since many cases depend upon this for a complete cure.

It is true that convulsive seizures of this kind are sometimes the result of nervous weaknesses and disturbances, and in these cases, constitutional building up is necessary in order to restore the vigor and tone of the nervous system and thus prevent a tendency towards future seizures of this kind.

In most cases some dietetic reform is necessary in order to purify the blood and build up the patient's vitality. If he is under weight the milk diet will generally be effective, and this should be preceded by a fast of from two to four or five days; in such a case a neutral bath, as mentioned above, should be taken each day at the same hour, and it would also be of advantage to make cold applications to the spine.

If one is of normal weight a fast of a couple of days according to Fasting Regimen No. 2 will be of advantage, followed by Breaking-Fast Regimen No. 16. After these and for a few days one can adopt Limited Diets Nos. 20, 22, 23, 24 and 25 for perhaps a week, and subsequently gradually adopt the use of ordinary foods such as previous experience has shown not to disagree with the patient. Constipation in many cases is responsible for the general bodily condition and irritation or excitability of nerves which leads up to hysteria upon the slightest external provocation. See treatment for *Constipation* if there is any tendency in this direction.

A neutral bath should not be used each day unless to relieve the spasms of an attack of hysteria. However, the cold water bath in any form in which the patient can take it will be of remarkable value in toning up the nervous system. Cold foot-baths and dipping the hands in cold water will also be of some value owing to their reflex effect upon the nervous system. Walking barefoot in wet grass is excellent. The patient should also make a specialty of taking air baths and sun baths at every possible opportunity, for they are of incalculable value.

Outdoor life will probably do more towards building up the nervous system than anything else and long walks each day are

to be insisted upon. Although the patient should not exhaust himself too much in the beginning, he should walk until slightly fatigued, gradually increasing the distance of the walk each day as he gains in strength.

The patient should lead a fairly quiet life and avoid excitement as much as possible; going to bed early is extremely important and it should be remembered that too much sleep is an impossibility. Let the patient have just as much sleep as he or she can secure, especially by going to bed early. A vitality-building regimen suited to the individual's strength should be adopted and adhered to closely. Indeed, all measures that tend to build vitality and improve the general health will be helpful. Stimulation of the nervous system through Physcultopathic Treatment E or F will be very effective, but if the patient is not strong enough for these treatments, then A, B or C would answer satisfactorily. The treatment of disorders of this kind absolutely depends upon building up the general health.

ICHTHYOSIS.—See *Fish-Skin Disease.*

ICTERUS.—Acute yellow atrophy of the liver, a rare and fatal disease. There is wasting and jaundice. See *Liver, Diseases of.*

IDIOCY.—See *Insanity.*

IMPETIGO.—An inflammatory skin disease. See *Skin, Diseases of.*

IMPOTENCE.—A condition, often nervous in origin, which renders the male unable to beget children. (See also Volume V of this work.)

Impotence, may be due to deformities either congenital or acquired; or again, as more often, it may be due to severe constitutional disease such as a fever, diabetes, etc. But the most common form of impotency is that due to general nervous debility or lack of nerve force. This condition is produced by excess of some kind depleting the system and draining vitality.

Treatment. Where the defect associated with this disease is due to deformities, these must be corrected before a change for the better can be expected. When it is due to a general vital depletion you can expect a change for the better coinci-

dently with the increase of vital vigor that will result from following the suggestions that I am about to make. One's vital power depends entirely upon the condition of the nervous system. Nervous depletion from any source will naturally lessen this power. Nervous energy depends to a large extent upon muscular strength, though occasionally you may find one that possesses unusual nervous power who has weak muscles; but this is unusual. Great nervous energy is in practically every case associated with great muscular vigor. This does not mean that in all cases one must possess unusual muscular development in order to possess much nervous vigor, because in many instances you will find unusual muscular strength without specially prominent muscular development. Therefore, in remedying impotence we must adopt those means that will increase the strength of the internal muscular system. Naturrally, diet will be of considerable importance in this connection, but even diet cannot be expected to bring about a change for the better unless a system is used to the end of adding strength to the muscles throughout the entire body. The exclusive Milk Diet No. 33 following two or three days' fast would be of special value in beginning this muscle-building process, provided one finds it convenient; where not convenient then a milk and fruit diet such as is recommended in Nos. 43 and 46 could be used advantageously, at least for the first few days. But, as long as you can find a diet of wholesome foods and are having no difficulty with your digestion, and are avoiding over-eating, you can rest assured that you are doing about as much as possible towards bringing about a change for the better in your condition.

In selecting a daily exercise I would give special importance to Physcultopathic Movements M and N; Physcultopathic Movement M could be used in the morning and N in the evening. Long daily walks are specially valuable in this malady and I would suggest that the walk be continued until one is slightly fatigued. All the exercises for stimulating the spine would be of value in this connection including various movements such as are illustrated in the charts published in Volume II and in

other lessons. You should remember that added spinal vigor means additional nervous strength, and the more nervous energies one can develop, the greater will be the advance towards a definite recovery from this ailment.

By way of building the greatest possible vigor of the special organs concerned, I would suggest a cold sitz bath following the exercises in the evening, granting that some other form of cold bath such as the shower or plunge is used in the morning.

It need hardly be said that the dissipation and excesses that may have been indulged previous to the appearance of the ailment must be religiously tabooed if one expects a definite recovery Persistent efforts are essential. Unless engaged in very hard muscular work, two-meal-a-day regimens would be far more satisfactory than three meals. When beginning the treatment I would especially recommend that the first meal be avoided altogether. If you are living in a home where meals are served thrice daily eat your first meal at noon and your second meal in the evening, and do not fail to follow the suggestions previously mentioned as to thorough mastication and the necessity for enjoying the food. To eat without appetite, is at all times injurious and it is specially productive of unpleasant results if one is being treated for an ailment of this character.

Incontinence of Urine.—(Enuresis.) Inability of a child to retain the urine during sleep, though, during the waking hours control is possible. This may be due to a variety of causes the most common of which are worms, stone in the bladder or other urinary irritants, or even to nose and throat trouble such as an enlarged tonsil. As a rule urinary incontinence disappears at the age of puberty. (See *Bed-Wetting.*)

Infantile Paralysis.—More or less complete loss of control, without loss of sensation, over the lower limbs. This symptom may gradually appear when it is known as creeping paralysis, (see *Paralysis*) or it may be the consequence of an acute contagious disease.

Creeping paralysis is rarely met with in the case of infants; but infantile paralysis is becoming of much greater frequency.

Treatment. Infantile paralysis will yield to treatment in many cases if proper methods are adopted as soon as the first symptoms of the disease appear. First of all one must ascertain whether or not the bowels are properly active, and if not, a daily enema is essential.

Physcultopathic Treatment D is also of great value in assisting recovery, though be sure that the spinal packs recommended are as hot as they can be borne. They should be changed two or three times during each treatment. Physcultopathic Treatment D should be given in the morning; hot abdominal packs in the afternoon.

The outdoor treatment is absolutely essential, and the patient's head should at all hours be as near an open window as possible, regardless of the outdoor temperature. During the acute manifestations of the disease a partial fasting regimen is of great value. A complete fast would be preferable if the small patient does not too strenuously object to it, though, as a rule, this should not continue more than from three to seven days, and in breaking the complete fast of a child, the greatest possible care must be used to prevent it from over-eating. In most cases, it would be advisable to use Partial-Fasting Regimen No. 8 or 9; this could be continued for a few days, after which a full milk diet could be recommended. In this latter diet milk should be offered to the child every hour during the day, cold or warm as he might desire, and he should be allowed to take about as much as he is capable of enjoying. As a rule the more milk a child takes, the more quickly you can expect a definite recovery. The idea is to flush the system with this nourishment, and if from two to four quarts of it can be taken each day, advantageous results can be expected. Be sure, however, that this milk is pure, and that it is whole milk. While the patient is on the full milk diet, a neutral bath could be given in the evening. The quieting influence of this bath induces sleep. In the instance of very young infants, the neutral bath, and Physcultopathic Treatment D, must be chiefly relied upon. It should be borne in mind that fasting is to be followed with great care in the cases of young children.

Gradually as strength returns, the muscles should be relaxed and tensed in a manner that is illustrated under the head of *Mechanical Physcultopathy* appearing in Chapter III, Volume III, p. 1513-1579. When the child is strong enough and is old enough, it should be encouraged in active play and should take as much exercise as possible out-of-doors. Indeed, outdoor air is most important during all stages of the disease.

INFLAMMATION.—A nutritive disturbance marked by congestion or local excess of blood and a rapid multiplying or development of lymph and connective tissue cells in the tissue concerned. There are symptoms of heat and pain, together with swelling, redness and other general disturbances. Inflammation is a protective measure, representing an effort upon the part of the body to remedy abnormal conditions. It may be regarded as the reaction of the tissues against injuries, or against an excess of foreign or impure matter which it strives to remove. When the inflammation is extensive enough to cause a constitutional disturbance it is usually accompanied with fever.

Treatment. All efforts to remove the cause of the inflammation should be adopted, and since in most instances inflammation is merely the symptom of some general disease, the special treatment for that disease should always be followed. It may be said, however, that in practically all cases the essential treatment lies in measures which will rapidly eliminate the impurities or poisons from the body and help along the curative processes by promoting a more active circulation. In some cases the local application of cold would be of great value to reduce the temperature of the heated and inflamed part, but where very painful, hot applications may be found better. Heat will further dilate both the capillaries and the larger blood vessels, and accelerate the circulation still further, thereby helping the natural processes.

In practically all cases the very free drinking of water, tending to give the blood a more liquid or fluid quality, will assist greatly in relieving the inflammation. All eliminative measures will likewise be helpful including enemas, wet-sheet

packs, etc. A plentiful supply of fresh air will also be of great value, since the oxidation of the foreign matter will not only neutralize its influence but will also mean its rapid removal.

INFLUENZA.—(La Grippe.) An epidemic disease which in many of its symptoms resembles an aggravated form of cold.

Its characteristic signs are a general feeling of sickness, headache more or less violent, aching pains in the limbs, a coated tongue, dizziness on standing erect, and fever. In one form of influenza there is catarrh present, in other forms this symptom is absent.

As the malady increases in severity the chest becomes tender and breathing difficult; the heart may be slightly affected and more or less palpitation be present. The complications and results that follow an attack which is not treated in a proper manner may range between recurring attacks, pneumonia and consumption, heart failure, insanity and suicide.

Treatment. In treating this ailment you must remember that the symptoms associated with it are only efforts on the part of the system to eliminate poisonous material that has accumulated therein. It is a good plan to begin the treatment by drinking large quantities of hot water. If the bowels are inactive use a level teaspoonful of salt in a glass of hot water at least twice the first day, and once each day thereafter, for two or three successive days. During the first day of treatment, it would be advisable to use a full enema for the purpose of thoroughly cleansing out the colon and rectum, and at least two or three days subsequently a small enema could be used with advantage.

Physcultopathic Treatment F and G are of unusual value in the treatment of this ailment. The functional system is calling upon the nerve centers for a large supply of energy in its endeavor to rid the system of the accumulated poisons, and by stimulating the nerve centers through Physcultopathic Treatment F the energy which is sent to the various vital organs is greatly increased: consequently the symptoms are in many instances changed for the better almost immediately after the inauguration of this treatment. The treat-

ment should be continued every day until the acute symptoms disappear. Wet sheet packs should be given each day to further active elimination.

Absolutely no food of any kind should be allowed while the complaint continues, Fasting Regimen No. 3 being advised. The only deviation from this rule would take the form of a small quantity of orange, grape or apple juice. Where there is a soreness or dryness of the throat, a small quantity of strained honey could be used to sweeten the water taken by the patient, provided he finds it palatable. As the appetite begins to return, Fruit Diet No. 75 could be used for a day or two, after which Milk and Fruit Diet No. 42, 46 or 47 in accordance with the needs of the patient. Where there are assimilative defects of a serious character, exclusive milk diet would be of considerable advantage. Under such circumstances Milk Diet No. 32 could follow Fruit Diet No. 75.

As the patient's strength increases, Physcultopathic Movements J, K, L could be used, not using more than one series of movements during one day. Walking can also be recommended to the extent of the strength of the patient. The adoption of a vitality-building regimen adapted to the strength of the patient when he is able to be up and around will usually develop sufficient vital vigor to avoid future attacks. When this disease is epidemic it may be avoided by adopting a general vitality-building regimen and paying proper attention to diet.

INSANITY, OR MENTAL DISEASES.—The brain cells like other cells of the body, are made and remade from the blood, and therefore the health of the blood determines the normality of the mental functions. The brain is so wonderfully made, its structure so delicate, and its functions so important, that Nature protects it by a strong, bony encasement which we know as the skull, inside of which is a sort of cushion that absorbs shocks that would otherwise reach the brain direct when the head is struck. The structural ingenuity that Nature seems to have lavished on the brain is, if anything, in excess of that which she has given to other of our organs. Man is that which

he is by reason of his brain, and it is the high perfection of the organ that distinguishes the human being from the lower animal in the way of both thought and action.

Such are our habits and so many our excesses, that the brain is liable to a number of disorders that include the most distressing maladies that afflict humanity. Scientists have spent lifetimes in studying abnormal mentalities, yet the futility of their work is, in a way, made manifest by the fact that there is a progressive increase of insanity that seems to keep pace with advancing civilization.

As a rule, the treatment and environments of an asylum for the insane are not such as induce a return to sanity. Statistics dealing with those subjects will prove the truth of the assertion. But if an intelligent understanding of the principles of hygiene and natural laws of health are applied to a patient, it will very frequently induce recovery, wholly or in part. Physical culture has a wider field of action than its name applies, inasmuch as it is capable of assuaging the evils which afflict the brain as well as the body, and, therefore, that which follows will be of special interest in this connection.

Varieties and symptoms: Insanity is a term applied to various derangements or abnormal conditions of the mind, with or without loss of volition and consciousness. Its chief causes are defective mental development (sometimes due to inherited physical or mental weakness); disease, including that due to improper living, and natural decay. A variety of symptoms characterize its various forms, including change of character and habits, moroseness, confusion of ideas, uncalled for elation, melancholy, mania, delusions and hallucinations. Melancholia, mania, delusional insanity and dementia are the four principal types of the affection, to which may be added the results of arrested brain development which include idiocy, imbecility or cretinism. The great majority of mental troubles may, however, be included in the group of four manifestations just mentioned, each of these again, having several sub-divisions. The greater number of cases of insanity occur between the ages of twenty-five and forty-five.

Delusional insanity, as a rule, manifests itself by false judgment of objective things, such judgment being the reverse of a sane estimate of the object or idea. There is systematized and unsystematized delusional insanity, the former occurring in the chronically insane and is therefore the most serious form of the malady.

Dementia is a form of insanity that is chiefly distinguished by an imperfect conception of ideas and actions, impaired perception, and not infrequently a partial loss of self-control and self-respect. It often forms the final stage to other phases of insanity such as are produced by senility, organic troubles or alcoholism.

Melancholia is marked by extreme and persistent depression of spirits. As it advances it may be associated with illusions, hallucinations and suicidal tendencies, finally developing into dementia or mania, or ending in death from exhaustion or suicide. Many cases recover. Hypochondria is one form. (See *Hypochondria.*)

Mania is marked by great exaggeration of nervous action. It sometimes follows an attack of melancholia or it may come into being with little or no warning. The patient has a variety of moods, is the victim of hallucinations and illusions, and often exhibits destructive tendencies. The character changes, there is much insomnia, and rapid emaciation takes place. The disease is most common among young adults. Heredity, shocks to mind or body and alcohol are among the predisposing causes.

Paranoia or monomania is allied to mania. One of its characteristic symptoms is the fixed delusion of the patient that he is being subjected to persecution. Then, too, there are periods of self-exaltation and systematized delusions. There is usually an hereditary tendency to insanity in cases of this disease. Worry, alcoholism, dissipation, malnutrition or primary insanity may in turn be a predisposing cause to paranoia.

Treatment. In the chapter on ***First Aid,*** Volume III, page 1671, the reader will find detailed instructions for the

immediate treatment of mania or any other sudden and violent attack of insanity. It is desirable to accelerate the activity of the normal functions of the body and by relieving the cerebral congestion to quiet the nervous system. The best treatment for this purpose is complete immersion in a full hot bath (105 degrees to 110 degrees Fahr.), together with simultaneous cold applications to the head and back of the neck. In violent cases ice bags may be applied to the head and back of the neck with a wet towel intervening between the ice and skin. The hot bath should last anywhere from an hour to two or three hours in a case of this kind, although the temperature of the water may be reduced gradually to about 98 degrees, and maintained at that point. Sometimes it is necessary to strap the patient in the bath, when violent. If the full hot bath is not available, a hot foot-bath with ice packs to the head and upper spine will be found to be advantageous.

Fresh air is most important. Whenever possible give prolonged air baths. It is best to place the patient in a draft in order that he may breathe the greatest possible amount of oxygen. Exposure of the surface of the body has a very marked effect upon the nerves in cases of this kind, and the patient should always wear as little clothing as possible when not actually taking complete air baths. Sun baths are likewise of great advantage. Hot abdominal packs are to be recommended following the hot bath mentioned by intervals of several hours. An immediate drink of hot water will be helpful if the patient can be induced to co-operate to that extent; or at least he should be induced to drink as much hot water as he can as soon thereafter as possible. Following the immediate attack drinking of lots of cold water is recommended.

The patient will recuperate far more rapidly and may even gain strength if he will fast for at least a few days. Constitutional treatment is absolutely necessary in order to build up vitality and the stability and health of the nervous system. The general treatment to be followed in an attack of mania is the same as that for insanity in general, which follows herewith.

Many of the diseases of the brain are due to physiological defects of some kind. It is true that in some instances such diseases are hereditary, and but little benefit can be expected beyond that which will follow on physical improvement. But where the symptoms of the disease appear after one is partly or fully grown, there are usually possibilities of a cure being effected through the vital building processes which can be secured by our methods. This statement is not mere theory; it is simply the conclusions we have formed from experience with various patients suffering from mental ailments. As intimated, the institutions for the cure of the insane are usually so conducted that the mental maladies which they are supposed to treat are often aggravated and even made incurable by the methods used. Those in authority apparently fail to realize that disease of the brain is due to functional causes or physiological defects and that such causes or defects can in many instances be removed by vitality-building processes. To be sure, many institutions have adopted exercises and games that are associated with physical culture methods, but these are but a part of the remedial measures that are included in Physcultopathy. I will, therefore, say that if you are endeavoring to treat a mental disease, you must, first of all, use measures for building the highest possible degree of physical vigor in the patient. The more nearly you can make such a patient an athlete, the better chances you will have for bringing about his mental recovery. The building of an athletic body requires long, persistent and hard training. It is not a matter of a few exercises or treatments, taken for a few days—it requires efforts continued day after day, month after month, and in some cases year after year, though, as a rule, after a few months' treatment, you will notice a very decided change for the better in the mental condition of the patient.

If the digestive organism of the patient appears to be in perfect condition, if there is no coated tongue, if the breath is sweet, and if there seems to be no constipation, then a fast is not especially recommended. If there is the slightest indication of trouble in the alimentary canal, I would strongly

advise a fast, of at least two or three days. I have known cases to be absolutely cured by Fasting Regimen No. 4. In ordinary cases, however, the patient should adopt Fasting Regimen No. 2 for two or three days, Limited Diet No. 21, 25 or 27 to be followed for from seven to ten days thereafter, after which Milk and Fruit Diet No. 43, 46 or 47 may be used as the appetite dictates. Following, Combination Milk Diet No. 62, 69 or 74 could be used as the appetite suggests. Activity of the bowels is imperative and all necessary measures should be adopted, if constipated.

Remember, that these diets are not an essential part of the treatment. They are simply suggestions of foods that are easily digested and will thoroughly nourish the body. Almost any diet which can be digested without difficulty and which does not tempt the patient to over-eat can be used, for the diet problem is only a small part of the difficulty associated with the cure of this disease.

Games and sports that will take the patient out-of-doors and will require a great deal of physical activity are to be insisted on. Exercises of the gymnasium type, that is, calisthenics, apparatus work, etc., provided that the patient is strong enough to take them, are especially commended. In the beginning, however, I would suggest that the patient confine his efforts to Physcultopathic Treatment N, to be taken in the morning, and M to be taken in the afternoon. Walking should be done every day and should be continued until the patient is somewhat fatigued. A short run is advised and if the distance is increased a little each day until the patient can run a mile or more without stopping, much benefit will result therefrom.

I would advise a daily water treatment which can be taken in the form of a cold bath, shower bath or a swim in a lake or river.

It is well to keep the patient occupied at all times. Exercises or light duties which, to a certain extent, give him personal responsibility are to be preferred. For instance, hold him responsible for taking a certain number of exercises of a

certain character. Encourage competitive games of all kinds, such as running, jumping, wrestling, boxing, baseball, football, tennis, etc.

Physcultopathic Treatments D, E and F are especially valuable as a direct stimulant to the vital organism. Hot spinal packs will always be very effective for stimulating the nervous system in connection with this treatment, though, whenever there is great mental excitement, cold applications to the back of the neck or upper spine and to the head will have a quieting effect.

For the special or immediate treatment of delirium, see *Delirium,* also *Delirium Tremens.* Subsequent constitutional treatment same as above.

Paranoia can be treated as described, when encouraging results may be looked for.

For the treatment of melancholia I would call attention to the instructions given under *Hypochondria.*

Let me emphasize the fact that in the case of any form of mental defect I would especially advise a physical culture treatment that brings into activity all parts of the body. Inactivity in all cases represents an unnatural condition, and insanity is caused in many instances by the absence of daily duties of some character. Select a vitality-building regimen and follow it out day by day. All exercises that bring the spine into active use can be recommended. In other words, the idea to keep in mind in the treatment of insanity is to make every endeavor you possibly can with a view of developing the bodily powers of the patient. This method can in no case be productive of harm, and in most cases it will assist in bringing about the desired improvement.

Imbecility is a defective mental state as distinguished from mental impairment. Imbecility may be congenital, it may result from injury at birth or it may be acquired by continual mental disturbance in infancy.

Imbecility may also result from inflammation of or injury to the brain. *Idiocy* is the term applied to the extreme form.

Where imbecility appears in early childhood, indicating that it is due to defects which existed at birth it is incurable Where the disease develops after the ordinary intelligence of childhood has been manifested, there is often a possibility of recovery. Where the malady has continued for a considerable period, the possibility of recovery is much lessened. If treatment is begun immediately after the first signs of imbecility are noticed, you are justified in hoping for changes for the better. Where the condition has apparently existed from birth, the general health of the patient will determine either the impairment or improvement of the mental faculties affected. Even in the most severe cases attention to health-building will bring encouraging results. The disease is sometimes caused by a functional defect, formation of a blood clot or a growth of abnormal tissue, and a long fast often remedies the first of these or absorbs the latter; as the cause of the defect is remedied, the symptoms associated with it also disappear. Therefore I would repeat: If the defects are of recent origin and the vitality of the patient seems to be fairly good, long fasting such as is recommended in Fasting Regimen No. 4 would be a satisfactory method of quickly determining whether or not the ailment is curable. You need not have the slightest fear of a long fast of this nature, as no harm can possibly come from it. If it is thought desirable to break the patient's fast before a definite appetite returns, the use of grape or orange juice such as is advised in the breaking-fast regimen for extended fasts, will usually, slowly but surely, bring back the appetite. In case this is not effective, then the use of beef pulp, slightly salted, will nearly always induce an appetite that will enable the patient to enjoy whatever food may be used under the circumstances. Where the case is chronic, however, and if for any reason the fasting process cannot be used, as often in connection with children, a limited diet such as is recommended in Nos. 20, 24 and 27, might be used for a considerable period, changing the diets now and then for the sake of variety.

A vitality-building regimen should be selected which is

adapted to the strength of the patient, and followed out carefully. Where the patient is especially weak, Physcultopathic Treatment A or B could be used, or if stronger, F would be more applicable. Where the patient is able to be up and around and he is capable of going through vigorous exercises Physcultopathic Movements M and N would be recommended. For instance, M might be taken in the morning on arising and N in the afternoon or before retiring. Cold bathing is also advisable provided the patient recuperates satisfactorily.

INSECT BITES.—See Volume III, page 1676.

INSENSIBILITY.—See *Catalepsy, Coma, Trance;* also Volume III, pages 1657-70.

INSOMNIA.—See *Sleeplessness.*

INTERMITTENT FEVER.—See *Malaria.*

INTERTRIGO.—Eruption or soreness of the skin from friction of adjacent parts. (See *Skin, Diseases of.*)

INTESTINAL WORMS.—Of these the tapeworm, the roundworm, the threadworm and the hookworm are most important. Tapeworms are of three kinds—one derived from the cow, another from the pig and the third from fish. They cause a ravenous appetite, malnutrition, an anemic tendency, diarrhœa and some abdominal pain. The presence of the parasite can also be verified by the appearance of a segment of the worm in the stools, the length of which segment may vary from one to several inches. The worm, which inhabits the small intestine, grows to a length of from six to twenty or more feet, and is the largest of all parasites that infest the human organism.

The *Roundworm* is another common intestinal parasite. It usually infests children and is small, varying from six to twelve inches in length. In appearance it resembles an earthworm and a considerable number may be present in the body at the same time. The symptoms are nervous and restless irritation, at times becoming convulsive in nature. Unless present in large numbers these worms cause few symptoms.

The *Threadworm* or pinworm is from a quarter to half an inch in length. It inhabits the colon or lower bowel, and migrates to the anus where it causes intense itching.

Hookworm is described on page 2112.

Treatment. In the treatment of tapeworm a long fast is an essential. This fast will usually have to continue from ten to twenty days; if Fasting Regimen No. 4 is adopted and followed to a finish results will be definitely beneficial in practically every instance. Activity of the bowels should be promoted by the use of three or four tablespoons of sterilized round sand each day. If, however, you do not care to try a long fast, you can fast for two or three days, making a meal of macerated pumpkin seeds on the third day and the same on the fourth day. Take from four to six ounces of these seeds and drink as much water with them as you crave—in fact it would be better for you to drink a large quantity of water on the days that you use the seeds. The water can be hot or cold in accordance with the desires of the patient. On the fifth day you may begin Fruit Diet No. 75, which should be continued for two to three days, after which Salad Diets Nos. 84, 85 and 86 are especially recommended. Fats of all kinds should be avoided.

Every available means for adding to your vital and functional vigor is, of course, of value in ridding yourself of the parasite. For instance, long walks daily and to the extent of your strength would be advantageous. Hot and cold sitz baths in the morning and evening, are also of value. Cold sitz baths are particularly beneficial provided you recuperate with a feeling of warmth thereafter. The exercises given in Physcultopathic Movement M would also prove of material help if practiced daily.

The same treatment could be used in the case of the roundworm or threadworm, though the treatment need not be quite so severe. As a rule a short fast followed by fruit diet for three or four days will entirely rid the system of these last named parasites. In fact by merely adopting the fruit diet for a few days a permanent cure can often be secured. It would be safer, however, to fast one or two days prior to the inauguration of such diet for this would insure the results being more speedy and certain.

In treatment of threadworm frequent washing of anal region with soap and warm water or an antiseptic lotion will relieve the itching. An infusion of garlic used as an enema once daily will quickly kill the worms present in the lower bowel.

Children being the chief sufferers from these parasites, especially the roundworm and threadworm, a few words regarding the modified treatment that is required by the little ones will be in order. The diet of the child must be carefully watched to the end of preventing the worms from obtaining a lodgment in the intestinal tract. A meat diet is one of the chief causes of their presence. A rich diet of any kind favors their propagation. Gluttony and indeed any food or habit that brings about an abnormal condition in the intestinal tract is liable to breed worms in the case of the juvenile. In such instances the stomach and intestines might be compared to a yeast bag. The contents are in a state of continuous fermentation, and in order to eliminate the conditions favorable to the propagation of the pests, only that amount of food which is absolutely needed must be taken. Whenever the keen edge of the appetite has been apparently satisfied, insist that the child immediately stop eating. In many cases, if this suggestion is followed, worms will quickly disappear. When it does not bring desired results, however, then more drastic measures are necessary, including the treatment just described. If it is considered that the fast of two or three days is too strenuous for the child then put it on an acid fruit diet, allowing it only fruits of this kind. This, of course, must include no sweet fruits. Fruits like apples, pears, peaches, strawberries, blackberries, etc., could be used. Dried acid fruits could be used but no sugar, or sweets of any kind. As a rule, one week on an acid fruit diet, giving no other nourishment of any kind, not even milk, will effect a definite cure. If after the worms have disappeared you put the child on a diet of acid and sweet fruits and milk, you will be rewarded by the great improvement in his physical appearance.

It is also very important that the child be encouraged to go out-of-doors as much as practicable. All sorts of outdoor games are beneficial. In fact the child should be encouraged to keep active from daylight till dark.

INTESTINES, DISEASES OF.—See also *Constipation, Colic, Cholera, Appendicitis* and *Dysentery.*

In addition to the above-mentioned disorders, the most common of intestinal diseases is that known as Enteritis or Intestinal Inflammatory Catarrh of which there are two forms—acute and chronic. The acute phase of the disease is marked by watery and mucous exudations from the walls of the intestine with a similar discharge from the rectum. The stools are soft and slimy and sometimes greenish, and a quantity of food is passed in an undigested state. Constitutional symptoms are abdominal pains, occasionally verging on colic with some fever. The sufferer loses weight rapidly and the appetite is impaired, there often being a marked repugnance to food.

Chronic Intestinal Catarrh may result from any inflammatory attack of the abdominal tract, and is often characterized by intermittent attacks of acute catarrh followed by periods of constipation. The change from the chronic to the acute phase may be so imperciptible as to escape notice. The chief symptom of the ailment is the passage of food in an undigested state, coupled with sudden desires to evacuate several times daily. A moderate degree of intestinal catarrh may exist for years without producing symptoms of a more serious nature, in which case, though the stools are extremely soft and watery, undigested particles of nutriment are few in number. But as the food leaves the system in much the same form as it is swallowed, nutrition becomes impaired to such a degree that emaciation and weakness rapidly develop.

Intestinal Hemorrhage may be due to bleeding from any part of the alimentary canal between the stomach and the anus; and its significance varies with its location and the accompanying symptoms. When the blood is derived from the

colon it retains some of its red characteristics and is only slightly mixed with the rejected food. But when the blood is thoroughly mixed with the stools, and the latter are black and tarry in appearance it may be inferred that the hemorrhage arises in or near the stomach. Intestinal hemorrhage derived from the upper part of the alimentary tract may be caused by ulcerative diseases to which the stomach and small intestines are liable. The most frequent cause of bleeding from the alimentary canal are hemorrhoids (which see.) A catarrhal or ulcerated condition of the mucous membrane of the rectum is also liable to produce bleeding as well as a cancerous or tumorous growth within this organ. Excepting in the case of piles, the symptoms of which are unmistakable, intestinal bleeding of any kind is a grave token.

Intestinal Obstruction or Intussusception are conditions produced by mechanical defects in the intestine. The former is brought about by the twisting of the folds of the small bowel, the latter by the expansion of one fold into which a preceding fold of smaller dimensions may sink, thus entirely obstructing the passage of the feces. The signs which indicate such an obstruction are swelling of the abdomen, the skin of which becomes stretched as tight as a drum and vomiting of fecal matter —a much to be dreaded symptom. In intestinal obstruction there will be complete constipation with absence of winds, in intussusception there is usually at first bloody diarrhœa, but no winds.

Intestinal Tumors. These internal growths are almost always of a cancerous nature. They generally appear within the rectum or the large bowel; rarely within the small intestine. The symptoms which distinguish a malignant growth are abdominal pain and colic, rectal bleeding and diarrhœa. When the hand is applied to the seat of the pain the tumor becomes palpable to the touch. The growth may extend until it becomes the size of an apple. When this leads to intestinal stoppage, vomiting of the feces is liable to follow.

Intestinal Polypus is a benign growth usually situated in the the small intestine or rectum. These polypi are harmless

excrescences about the size of a finger and unless they grow to the degree that they prevent the passage of food, they do not materially affect the health. More or less severe hemorrhage is a symptom which indicates the presence of these growths.

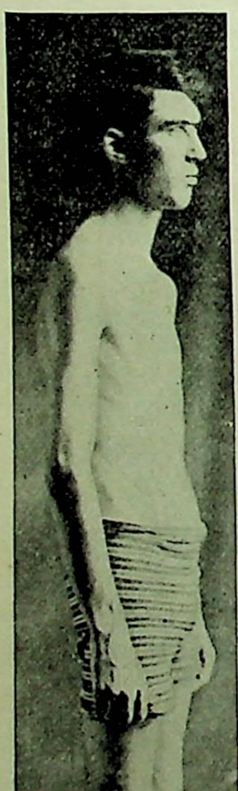
Intestinal Tuberculosis is usually an accompaniment of tuberculosis of the lungs in its later stages. In addition to the usual signs a characteristic symptom of this dread malady is severe and protracted diarrhœa, the ejection being an ill-smelling, thin watery fluid. This form of tuberculosis is usually fatal with in a few months.

Treatment. In treating the various diseases of the stomach and of the intestinal tract it is most important to accelerate the activity of the digestive processes. Therefore, you will find much similarity in the instructions given for the treatment of both classes of acute ailments.

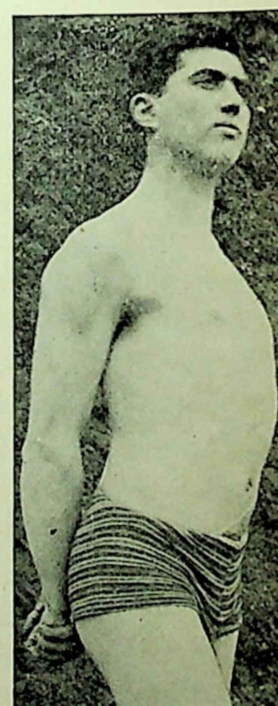
Acute Intestinal Catarrh, for instance, will in most cases cure itself provided one does not force food on an unwilling stomach. If instead, one will simply wait until a definite desire for food appears, attacks of this character would not take place at all or if they did, they would be of short duration. The free drinking of hot water which is usually recommended in cases of intestinal difficulties, will be of decided benefit in this ailment. It will invariably bring almost immediate relief. Where there is constipation, a full enema should be given, once each day, while the acute symptoms continue. Wet sheet packs daily, are of advantage in many instances. Where the vitality is not unusually good, Physcultopathic Treatments D and E could be used in place of the pack. It is desirable to maintain an absolute fast as long as the acute symptoms continue, though the free drinking of either hot or cold water, as may be desired, should be continued while the symptoms remain. In many instances the first application of these methods will bring about the reduction or disappearance of the symptoms, although in some cases, they will continue for a longer or shorter period according to the vigor of the functional system.

The treatment of *Chronic Intestinal Catarrh* is entirely a constitutional process, depending upon the increase of the vital vigor and the general improvement in the digestive processes, both of which insure a pure quality of blood. The cure of this disease can in all cases be materially facilitated by a fast ranging from two to fifteen days, during which time enemas should be used in order to accomplish the thorough cleansing of the colon. Later these may be used when necessary, if constipation is present, but the patient should not learn to depend upon them. He should maintain activity of the bowels through exercise, diet and proper living.

If the patient is below normal weight, the fast should not be continued beyond five days. If above normal weight, and it does not seem to reduce the strength, then it can be continued to the maximum period mentioned, that is, fifteen days, or even beyond that period in some cases. The breaking-fast regimen which is adapted to the length of the fast should follow. In practically every instance, the exclusive Milk Diet No. 33 could also be used.



Mr. Floyd Aunkst showing emaciation and general weakness resulting from intestinal disease, originally diagnosed as cancer of the bowels.



The same patient after treatment by fasting, the milk diet, and a general health-building regimen.

In nearly all catarrhal troubles of this nature, there exists a considerable assimilative disturbance, and as a rule the weight is considerably below normal. Almost immediately after the beginning of the exclusive milk diet, there will be

noted a marked improvement in the powers of assimilation, with a corresponding increase in weight. Patients will often gain from one-half to one pound each day for a considerable period after beginning this diet. Nausea is liable to manifest itself at the inauguration of this diet, but the free use of lemons or lemon juice will usually bring relief. It is a good plan to take a half or a whole lemon immediately upon arising, especially if the tongue is coated and there is an unpleasant taste in the mouth, which, by the way, is quite a usual symptom in the case of the diseases under discussion. As a means of adding to the general vital vigor, Physcultopathic Movements J, K and I may be used to considerable advantage, though only one of the series should be taken at a time. As strength is gained, Physcultopathic Movements M and N can be substituted, using series N in the morning and M in the afternoon or at night before retiring. The neutral bath advised during the milk diet should be continued while this diet is being taken. Take exercises before beginning the diet in the morning. Long walks each day and continued until a slight fatigue is experienced will be of material advantage. It would also be well to look over the vitality-building regimens and select therefrom additions to the treatment.

After resuming the use of ordinary foods, a cold sitz bath may follow the morning exercises, being of great value as a means of invigorating the entire intestinal tract.

In the treatment of intestinal hemorrhages, it is most necessary that the patient remain as quiet as possible. If the hemorrhage continues for so long a period as to greatly reduce the strength of the patient it is advisable to use a cold abdominal pack. This will nearly always be effective in stopping the bleeding. Sometimes it may be well to elevate the hips of the patient as he lies upon his back.

Intestinal obstruction, as previously stated, represents a condition of considerable gravity. In nearly all cases, however, relief can be secured by the use of the full enema taken in the positions illustrated in Volume III, p. 1455-56. It is advisable, however, in treating this trouble to first take a

moderate enema and a short time after its expulsion, take one of full capacity, being sure meanwhile to maintain the proper position to insure the free passage of the water, to the small intestine. Water as hot as can be borne should always be used in these enemas unless there is considerable fever, when it should be cool. Interssusception may sometimes be removed by an oil enema.

After the expulsion of the second enema, the patient should rest, and then deep abdominal massage following the circular course of the colon may be given. In using the term massage, I do not mean rubbing, merely, I mean vigorous pressing of the ends of the fingers of both hands into the abdominal region, with a view, of course, of dislodging any obstruction which may be interfering with the action of the bowels.

In some instances, the free drinking of hot water is advised, and in other cases it might not be of advantage to the patient. Where there is a great deal of vomiting, such drinking is especially prescribed, for if it does not accomplish anything beyond a thorough cleansing of the stomach, it is of considerable value.

It need hardly be said that a complete fast should be adhered to while symptoms of this malady continue. The rectal feeding recommended by physicians in cases where the symptoms continue for a long time is of questionable benefit. Hot abdominal packs will often relieve distress that may be felt in the abdominal region.

Where these suggestions have been faithfully followed and the patient does not seem to improve it is possible that an operation may be found necessary. This operation consists of opening the abdomen and dislodging the obstruction by mechanical appliances.

As a rule, if the enema is used with frequency and the patient fasts, such changes in the position and contents of the alimentary canal will ensue that the obstruction, whatever its nature, will finally disappear. It should be added that the fast will often have to continue for several days.

The treatment of intestinal tumors, whether malignant or otherwise, is to a large extent similar to the treatment just de-

scribed. Fasting for a long period will be of much advantage as foreign growths of all kinds are invariably absorbed during a fast and if an appropriate regimen follows, the gain thus made is permanent. A long fast such as recommended in Fasting Regimen No. 4 is usually preferable but where the vitality is comparatively weak, a series of short fasts such as is recommended in Fasting Regimen No. 7 is to be preferred.

Intestinal tuberculosis, where accompanied by tuberculosis of the lungs must be treated, in the same manner as ordinary tuberculosis. In a disease of this kind, the fasting process, however, must be used with the greatest degree of care. The patients are nearly always emaciated and hence a fast of one, or two days at the outside, represents the limit of safety in their case. A milk diet in many instances aggravates the symptoms.

The exclusive meat diet such as is recommended in Meat Diet No. 103 or No. 107 can be followed with considerable advantage. (See *Consumption.*)

INTUSSUSCEPTION.—A peculiar form of intestinal obstruction in which a part of the intestine telescopes into another part. See *Intestines*, *Diseases of.*

INTOXICATION.—See *Alcoholism.*

IODISM.—A condition arising from the use of iodin or iodin-compounds, with symptoms resembling a common cold, inflammation of respiratory passages, red eyelids, etc. Constitutional treatment as for *Colds, Lead Poisoning* or other chronic poisoning.

IRITIS.—Inflammation of the iris. See *Eyes, Diseases of.*

ITCH.—(Scabies.) A contagious skin disease caused by the presence of a microscopic parasite which burrows in the skin. It appears upon any surface covered by soft skin, such as the navel, genital organs, armpits or between fingers and toes.

The presence of this parasite is made known by an intense itching of the part affected. Careful examination will disclose thin white lines—the rut through which the pest burrows; and at the end of these lines small yellow pimples appear.

The irritation and consequent scratching may result in the formation of ulcers and scabs.

Treatment. Scrupulous cleanliness coupled with the application of some metallic or corrosive ointment quickly eradicates the disease. A paste of sulphur and olive oil will kill the parasite which is the cause of this disease. Hot baths with soap should be taken three times a week rather than twice a week, as in normal health. After these baths, the affected parts should be thoroughly treated with the mixture named. General care of the health is also of advantage. Follow a general constitutional treatment such as outlined under *Skin Diseases.*

ITCHING PILES.—See *Hemorrhoids.*

IVY POISONING.—See *Poisoning.*

JAUNDICE OR YELLOW JAUNDICE is an aggravated form of liver disease, characterized by the yellow hue of the skin and whites of the eyes, which condition is due to the clogging of the bile ducts, causing the bile to be absorbed by the blood instead of passing into the small intestine. In addition to this symptom, from which the disease derives its name, other signs are biliousness, vomiting, nausea, an offensive tongue, dry and parched lips, and much belching and vomiting. Jaundice is often present in the case of diseases of the heart and infectious ailments. Or it may appear in a simple form uncomplicated with other maladies. In the latter case it is generally due to inflammation of the bile duct with inflammatory catarrh of the small intestine.

As a rule the symptoms of the disease in its simple form disappear after a few days. They may, however, persist for months, and in this case some other and more serious trouble is the cause of their so doing.

Treatment. The treatment of this disease differs very materially—whether it manifests itself in an acute or chronic form. The treatment of the chronic symptoms depends upon the blood-purifying and vitality-building process, while the treatment of acute symptoms consists of arousing to the greatest possible degree of immediate activity the blood-purifying organs.

In treating the acute symptoms, I would first advise the drinking of a copious quantity of hot water. It would be to

advantage to drink as much of this hot water as possible within the first two or three hours of beginning treatment. In many instances this may induce vomiting, but this should not worry the patient in the least, in fact, vomiting is often of advantage. The hot water drinking should be continued, and very often it alone will bring about the desired cure.

In many instances, there is inactivity of the alimentary canal, and under such circumstances the use of the full enema once a day while the acute symptoms continue is advised. If the patient is feverish, this enema should be cool, otherwise it should be warm. Absolutely no food of any kind should be taken while the acute symptoms continue. The only exception would be a small quantity of acid fruit-juice, provided it is very strongly craved by the patient. Very often lemons are craved by patients suffering from this disease. The acid seems to be needed by the system. Under such circumstances, they could be used in moderate quantities. It is usually better to squeeze the lemon juice in water rather than swallow it undiluted.

Hot spinal packs and hot abdominal packs are also of considerable value. Physcultopathic Treatments D and E could be given daily with considerable benefit—in fact, it might be advisable to give one of these treatments in the morning of each day and a hot abdominal pack in the evening. The wet sheet pack can also be used to advantage. As a rule, the treatments mentioned are especially effective, as spinal stimulation seems to bring about relief. As the patient gradually recovers Fruit Diet No. 75 could be used for a day or two, after which the Fruit and Milk Diet No. 42, 46 or 47 may be taken in accordance with the dictates of the appetite.

In the treatment of chronic symptoms of this ailment it would be advisable to begin the treatment with a fast ranging from two to five days. Breaking-Fast Regimen No. 16 could be used thereafter. It may be difficult to adhere to an exclusive milk diet, as advised in this regimen, but if the patient finds this possible, he can rest assured that a recovery will be far more speedy. Where there are decided symptoms of nausea

when beginning the milk diet, the free use of lemons and lemon juice will bring about relief and the milk can be continued with comfort and advantage. Milk Diet No. 33 should be adhered to, though the quantity should be increased as much as possible with a view to thoroughly flushing the system. Physcultopathic Treatments F and G can be especially recommended as a means of assisting the vital processes in remedying this ailment. Where the patient is sufficiently strong, long walks, combined with the deep breathing exercises, will be of special value. Hot or cold abdominal packs, if applied on retiring and allowed to remain until morning, will, in nearly all cases, be of distinct value. If the patient is feverish, the packs should be cold, otherwise they should be warm. Warmth of a comfortable degree should be maintained in all cases. If the patient finds it impossible to adhere to the exclusive milk diet, then Milk and Fruit Diet No. 42, 46 or 47 should be taken, or where there is a definite distaste for milk, Salad Diet No. 84, 85 or 86 could be used with advantage for a short period, after which a regular diet regimen could be adhered to, provided that care be taken to avoid over-eating.

In the treatment of both acute and chronic forms of this disease fresh outdoor air is of inestimable value. Air baths and sun baths should be used in connection with the general vitality-building regimen which the patient should adopt.

JOINTS, DISEASES OF.—*Symptoms and Varieties.* Among the diseases of the joints the most common is

Synovitis, an inflammation of the synovial membrane which covers the articular extremities of the bones and the ligaments entering into the formation of the joints. This inflammation may be of a simple character, with an effusion of serum, and in this form is often the result of a bruise or injury. In other cases the serum or fluid is absent, in which case the disorder is known as dry. Ankylosis of the bone may follow rapidly. *Purulent synovitis* follows simple synovitis when the effusion increases gradually and changes to a most purulent character. There is also *gouty synovitis* and *gonorrheal synovitis* following as a complication of the diseases indicated.

Arthritis. A form of inflammation of the joints in which the bone structure is involved, whereas in synovitis the membrane only is concerned. There are several varieties of this, the most important being *arthritis deformans,* which is considered elsewhere. (See *Arthritis Deformans.*) *Tubercular Arthritis* is an extremely serious condition, allied to tuberculosis of the bone, and distinuished from ordinary tuberculosis of the bone by its location at the joints. (See also *Hip Joints, Inflammation of, Hip Joints, Congenital Malformation of,* and *Ankylosis.*)

Treatment. Irrespective of the particular variety of the disease of the joints the treatment in all cases must be of a radical blood-purifying and vitality-building character, constitutional measures being absolutely essential.

Synovitis will be treated beneficially by local hot fomentations as a means to relieve the inflammation. Fasting is a most important means in this as in practically all other forms of inflammation, and I would suggest Fasting Regimen No. 1, to be continued for two or three days, in case there is much swelling, indicating the presence of more or less liquid. After this Fasting Regimen No. 2 may be beneficial and adopted from two to five days or perhaps even longer. Breaking-Fast Regimen No. 16 or 17 should be adopted according to duration of the fast, after which Milk Diet No. 32 should be followed closely.

Hot spinal packs are recommended with Physcultopathic Treatment E or F if the patient is strong enough, and somewhat later, in the afternoon or evening, a wet sheet pack will be valuable for eliminating the poisons which would otherwise tend to localize themselves. In connection with this suggestion a general constitutional regimen is absolutely necessary. Activity of the bowels should be insured, by enemas if necessary.

In *Arthritis* or *rheumatic* conditions of the joints, and in *tubercular* affections of these parts, Meat Diet No. 103 or 107 may be employed with much better advantage. In this case treatment by Mechanical Physcultopathy may be used,

provided there is no pain or discomfort. (See Vol. III, pp. 1513-1600.) The least suggestion of pain, however, should be a warning to stop.

JOINTS, CRACKING OF THE.—There is nothing alarming in this symptom providing there is no pain or inflammation. It commonly arises from a lack of the synovia, the lubricating fluid which is normally secreted within the synovial membranes, which in turn is chiefly a matter of nutrition and circulation. It will help matters to improve the local circulation by the use of alternate hot and cold cloths, followed by massage, bending, moderate stretching and other manipulation of the joint. But chief reliance should be placed upon constitutional measures.

KERATITIS.—Inflammation of the cornea. (See *Eyes, Diseases of.*)

KERION OR KERIUM.—See *Favus.*

KIDNEYS, DISEASES OF.—*Symptoms and varieties:*

Bright's Disease or Nephritis. An inflammatory condition of the tubes of the organs, which impairs their functional activity. This ailment was first diagnosed by an English physician named Bright; hence its title.

The disease appears in two forms—acute and chronic. An acute attack is preceded by a change in the color of the urine. This becomes red or brown in color, is exceedingly scanty, is heavily laden with albumen, gives a sediment which contains a quantity of blood. Constitutional symptoms are severe headache, nausea, pallor, weakness, with a tendency to the development of dropsy in various parts of the body. An acute attack of Bright's Disease is not unusually a complication of a serious ailment such as ague, smallpox, typhoid fever, scarlet fever, or other disorder in which the functional activity of the excretory organs is severely taxed.

Chronic Bright's Disease may be a result of an acute attack of nephritis, or it may develop insidiously and slowly when general constitutional ill-health may be the only symptom of importance. In such a case there may be but little evident indication of the disease, judging from a visual examination of the urine, and a microscopical examination of

the fluid is necessary to determine the quantity of abnormal solids which it contains. Constitutional signs are great weakness and shortness of breath, a pallid skin, dark rings under the eyes and severe headache. As the disease develops, dropsical symptoms generally appear coupled with enlargement and palpitation of the heart. Preceding the appearance of dropsy there is often difficulty in voiding the urine. Under these circumstances the use of a catheter may become necessary to pass the fluid.

Stones and Gravel in the urine may generally be regarded as premonitory warnings of the formation of larger stones with liability to an attack of urinary colic. When the deposits eliminated are small, little or no discomfort may attend their passage. But the signs by means of which their prescence can be detected are the appearance of mucus, pus and a sand-like deposit in the urine after the liquid has been left standing. Irritation of the urinary passage, with marked irritability after urination, is a characteristic sign of the development of gravel in the kidney.

Treatment. As acute attacks of Bright's disease are nearly always associated with some other ailment, the proper treatment of that ailment will, in practically every instance, bring about a cure. Hot water drinking, recommended in nearly all acute ailments, can be followed with advantage. Hot abdominal packs are of great value, especially as a means of allaying pain. The use of the full enema is also of much worth in connection with this ailment, and unless there is fever present, this enema should be warm, otherwise it should be cool. If uremic symptoms supervene, a hot blanket pack or full hot bath (115 degrees F.) should be taken. (See *Uremia.*)

In the treatment of *Chronic Bright's Disease* one depends to a large extent upon the increase of the general vital vigor in order to insure desired results. We usually advise a short fast in the beginning of the treatment. Fasting Regimen No. 2 can be followed from two to five days with advantage, with Breaking-Fast Regimen No. 16 following. The exclusive milk diet is to be insisted on as a means

of securing satisfactory results. Remember that this diet must be taken in bed, that is, after you have finished the fast suggested, you go to bed and remain there, following out the instructions of Milk Diet No. 33 in every detail. If conditions are such that the patient cannot go to bed, then a general diet consisting of a combination of Meat Diet No. 108 and Salad Diet No. 84, 85 or 86, is especially recommended. In some instances a small quantity of bread or rice may be allowed, although this must be used with great care, while your symptoms must be coincidently and closely watched. When using these two articles of food, in case there is any indication of a change for the worse, they must be immediately discontinued. Physcultopathic Treatments D, E and F can be used to advantage. If the patient is moderately strong, Physcultopathic Movements M and N can be taken regularly each day. Note, however, that the exercises which are recommended, refer only to those patients who are not following the milk diet. While taking the milk diet, no exercise of any kind should be followed except that which is given in Physcultopathic Treatment D, E or F, and this should be taken during the morning of each day before beginning the milk diet. If the milk diet is being taken, or after it has been discontinued, long walks and general exercise with the view of adding to the vitality of the patient are to be highly recommended.

Following the milk diet a general vitality-building regimen should be adopted.

Floating Kidney. A disease more or less peculiar to women, especially between the ages of twenty-five and fifty, in which one of the kidneys becomes displaced and sinks within the abdominal cavity. This displacement is due to the relaxation of those tissues and muscles which hold the organ in position and is merely a sign of general muscular weakness. The position of the kidney varies with the attitude of the sufferer and this movement gives rise to many unpleasant symptoms. At the inception of the ailment these signs may be slight—such as general uneasiness and discomfort, slight ab-

dominal pain, and aching in the back—and they generally disappear when the organ returns to its normal position. But as the displacement becomes more serious, a sudden change in position or twisting of the body gives rise to violent abdominal pain, nausea and vomiting, with dull aching in the lumbar region and severe headache. A floating kidney is not a dangerous condition, and though an operation is often advised it is doubtful whether this is ever of real or permanent utility. It is perhaps needless to mention that though the kidney displacement may apparently be due to violent exertion or strain or bending in an unwonted attitude, the real cause lies in general lack of muscular tone and impaired vitality often due to corsets, high heels and similar fashions.

Treatment. This malady, while not extremely serious, nevertheless indicates lowered vitality. It proves that all the vital organs are weak, soft and flaccid, instead of being sound and vigorous. If the ligaments attached to the kidneys possessed vitality of a proper character, it would be impossible for the kidney to "float." The remedy, therefore, for this difficulty is the adoption of a diet which previous experience has shown will be satisfactorily digested and exercises for strengthening the external and internal muscles of the abdominal region. The special exercises for this purpose are better taken on a reclining table or board. The head should be about 18 inches lower than the feet, which causes the organs, including the floating kidney, to fall back in its normal position, and if while in this position various movements are taken with the view of strengthening the ligaments and muscles, there is a strong possibility of the floating organ reassuming its normal position. Physcultopathic Movements J, K and L are of considerable advantage in this connection though, when the strength is somewhat increased, Physcultopathic Movements M and N can also be used. Before retiring at night, it would also be of advantage to assume what is known as the knee-chest position, that is to kneel on the bed and bend forward until the chin touches it, remaining in this position for a short time, then moving the body backwards and forwards and

finally straightening out in such a manner as insures the floating organ remaining in its proper position. In cases where the malady is so serious that this exercise does not seem to bring about the desired result, it might be advisable to recline on the back with the hips raised considerably above the head when going to sleep, for it is well during slumber to have the affected organ in a proper position. In all ordinary cases of this disease, however, a general system of physical up-building will quickly induce a remedy, and if a moderately active life is followed thereafter, with a due attention to diet and habits, you may rest assured that the disease will not reappear. I would not advise an operation under any circumstances, for it is always of doubtful value. If the kidney ligaments are weak, you cannot expect the organs to remain in the position that Nature intended them to occupy. The remedy is to strengthen and tone up the ligaments and allied portions of the body with a view to compelling them to assist in holding the affected organ in place.

Dropsy of the Kidneys (*Hydronephrosis*) occurs only when some obstruction checks the flow of the urine into the bladder. The part affected become dilated to the extent that a tumor may form, containing several quarts of water. Women are more liable to this disease than men and the causes which produce it are generally either narrowing of the urethra, displacement of the womb, or inflammation of the kidneys. The attendant symptoms are severe pain in the region of the affected kidney, swelling, especially on the side of the abdomen, and a partial or total retention of all urine. Like all other dropsical ailments, this disorder usually comes into existence with other severe constitutional disturbance.

Treatment. The use of hot sitz baths, hot hip packs, or complete hot blanket packs will bring about material relief. Whenever definite signs of relief appear, it would be advisable to encourage the free drinking of water, also the use of enemas, though while the acute symptoms continue no more water should be used than is absolutely essential to quench thirst, also if an enema is required, only that amount which is

necessary to bring about desired bowel activity should be used. In severe cases surgical measures are advisable.

Following recovery from the acute symptoms, vitality-building methods should be closely adhered to. This among other things would mean Fasting Regimen No. 1, or an abstemious diet such as is recommended in Limited Diet No. 20, 24 or 27, although if there is much emaciation, an exclusive milk diet would be much better, at least for a short period. If the general vitality-building regimen advised in cancer of the kidneys is followed, you may rest assured that you are on the safe side.

Cancer of the Kidneys. This is a comparatively rare form of cancer and the first manifestation is the development of a painful immovable tumor which can be felt through the abdominal wall and often produces a swelling on the side affected. The usual signs which characterize a cancerous growth are present, and a symptom of some significance is the discharge of blood in the urine.

Treatment. This is an ominous malady, at least in its advanced stages. However, material relief may be secured from following the suggestions made herewith. There is also a possibility of a definite cure for an alleged case of the malady for the diagnosis may be inaccurate, not only as to the nature, but in regard to the extent of the disease. Therefore, one should enter upon the regimen such as I am prescribing with considerable confidence as to its outcome. I would, first of all, advise the Fasting Regimen No. 2 from three to fifteen days, its duration depending largely upon the weight of the patient. If one is below normal weight three to five days should be sufficient. If carrying a normal or an excess weight, then a longer period would be preferable, though during the fast the general physical condition of the patient should be carefully watched and if the strength becomes so depleted that the patient finds it necessary to remain in bed, the fast should be broken. Breaking-fast regimen adaptetd to the length of the fast should then be used and an exclusive milk diet should be taken until a considerable increase of weight has been gained. Take Physcultopathic Movement M before be-

ginning milk diet each day. Follow out the neutral bath suggested in the description of the milk diet. After having continued the milk diet from two to four weeks, or after gaining weight, use Combination Milk Diets Nos. 52 and 69, varying the diet in accordance with the appetite. A good deal of exercise should be taken when discontinuing the exclusive milk diet. Physcultopathic Movement M could be used in the evening before retiring. Walking is especially advised as a means of adding to the general vital vigor.

Urinary or Renal Colic is due to the formation of stones within the kidneys and the pains result from the passage of a stone through the ureter into the bladder. The attack begins with severe pain in the affected region extending into the abdomen and the small of the back. The temperature rises, there is vomiting and nausea, marked difficulty in urination, and the spasms of pain may become agonizing to the degree that faintness and unconsciousness follow. With the passage of the stone these symptoms disappear, but as the excrescences rarely form singly, other paroxysms may be expected. In proportion to the size of the stone passed, a discharge of blood takes place in the urine.

Treatment. This disease is usually very difficult to relieve, in fact, full relief cannot be expected until the calcareous deposit which is the cause of the difficulty has passed through the ureter into the bladder. The pains often associated with the passage of these stones are agonizing and the temptation to use morphine or other drugs of this character is very strong, but you must remember that as long as these pains can be endured the after-effects will be far more satisfactory to the patient, provided all drugs are avoided. To those who maintain that they cannot bear the pain, we would point out that when pain becomes so severe as to be unbearable, Nature always steps in and causes one to lose consciousness. The application of very hot packs to the abdomen will often produce a certain amount of relief, but, as stated, permanent relief cannot be expected until the passage of the stone.

On some occasions these stones grow so large that it is almost impossible for them to pass through the ureter, and under such circumstances an operation is necessary. But this should be adopted only as a last resort, and usually, can be avoided.

The free drinking of water is advised while suffering from this ailment. As a rule, more hot water can be drunk than cold, and therefore it is advisable to take it heated. Drinking of water often causes vomiting when one is suffering from this disease, and as this often brings about severe pain, many patients are inclined to avoid water as much as possible. This is a serious mistake and efforts should be made to overcome it. In some instances where there is vomiting if the water drinking is continued the stomach will quiet down and relief be experienced.

Although relief from the acute symptoms connected with this ailment is to be desired, it is important that the habits of life be such that future attacks are avoided. You can rest assured that you can expect permanent relief provided you adopt a regimen dietetically and otherwise hygienically sound that will build the largest degree of vigor. Physcultopathic Movement M should be taken each morning on arising. Physcultopathic Movement N should be taken upon retiring. Every means that can be adopted with a view to adding to your muscular and vital well-being are of advantage. The more nearly one can possess the vigor of an athlete, the less possibility is there for further attacks of this serious and painful disease. The free use of distilled water is of special advantage, while water that is taken from ordinary springs or wells should be religiously avoided. It is sometimes advisable to take three or four heaping teaspoonfuls of sterilized sand once a week.

KLEPTOMANIA.—See *Mental Diseases.*

KNOCK-KNEE.—A deformity of the knee joints which develops in consequence of rickets (which see) or through the strain of long-standing when the organism is in an undeveloped or a devitalized condition. The disease shows itself by an inability to control the muscles of the knees so that when

walking the latter knock together. Naturally the sufferer is incapable of sustained exertion and can neither stand nor walk for a lengthy period.

Treatment. Improvement may be expected if the following suggestions be adopted. Movement No. 115 in the chapter on Mechanical Physcultopathy (Vol. III, p. 1593) would greatly assist in remedying this trouble, if taken two or three times daily and continued on each occasion until a fair amount of fatigue has been induced. Other movements illustrated influencing the knee will, likewise, be of some benefit, for instance, all those involving outward stress at the knees. Where the disease is not associated with rickets, then these methods, if continued for a sufficient length of time, together with other means that strengthen the regular organism, will assuredly bring about changes for the better, but where there is an actual bony malformation but slight improvement can be expected under any conditions.

KYPHOSCOLIOSIS.—Spinal curvature, both lateral and backward. See *Spine, Diseases of.*

KYPHOSIS.—A "hunchback" curvature of the spine. See *Spine, Diseases of,* see also *Hunchback.*

LABOR.—See *Childbirth,* also Volume V.

LACRYMAL GLANDS, INFLAMMATION OF—(Dacryocystitis.) This minor affliction is the result of some obstruction in the lacrymal duct which causes the tears to decompose, producing suppuration and inflammation of the gland. The causes which produce the condition are constitutional and for this reason, though it is possible to remove the obstruction by means of surgical treatment, this disease should not be regarded as a purely local affection.

Treatment. Application of cold wet packs to the affected parts might be of some aid, though if one will adopt Fasting Regimen No. 2 for from two to five days, and follow it with Limited Diet No. 31, in nearly every instance you will note a material change for the better, and in most instances an entire removal of the unpleasant symptoms associated with this disease. As a means of constitutional upbuilding, a cold

wet sheet pack could be taken daily, and where constipation is present the free use of the enema would be advised.

La Grippe.—See *Influenza.*

Laryngismus.—Spasm of Larynx. See *Glottis, Spasm of.*

Laryngitis.—See *Larynx, Diseases of.*

Larynx, Diseases of.—The larynx or vocal cords are subject to a variety of affections which, more or less, interfere with the production of the voice. The most common of these ailments is that known as laryngitis, which may be either acute or chronic.

Acute Laryngitis begins with sore throat and hoarseness due to the swollen condition of the vocal cords. The throat is parched and exceedingly sensitive, while the faculty of speech may be entirely lost. When the attack is accompanied by no expectoration, considerable time is needed for the vocal muscles to recover their elasticity. But when a mild catarrhal condition is present, a spontaneous cure often results in a few days. The dry condition is due to the accumulation of hardened mucus around the vocal cords; and until this is softened and expectorated the larynx cannot become normal.

Chronic Laryngitis is generally a result of the acute form. The chief symptom is dryness and tickling of the throat with hoarseness and loss of voice. The degree of hoarseness varies with the amount of muscular strain imposed upon the vocal cords. When this condition is neglected, partial paralysis of the vocal muscles may follow, especially if the local trouble is attended with constitutional weakness.

Tuberculosis of the Larynx or tubercular laryngitis is a much dreaded disease which rarely attacks the throat until it has invaded other portions of the organism, especially the lungs. The symptoms which accompany tuberculosis of the lungs are present and in addition, obstinate and chronic hoarseness coupled with pain on swallowing are indications that the malady has gained a foothold in the throat. In some cases the mucous membrane of the larynx swells to such a degree that respiration becomes difficult and artificial means for the purpose of breathing become necessary. This disease progresses

with rapidity when other organs of the body are involved. But when the tubercular degeneration is confined to the larynx the condition may last for years, and recovery is possible by the adoption of constitutional measures.

Tumors and Cancer of the Larynx are of common occurrence. The tumors may take the form of a polypus or warts and be comparatively harmless. In such instances the removal of these excrescences by means of the surgeon's knife is often recommended. It is well, however, to remember that an apparently harmless and benign growth is often premonitory of one of a malignant nature; and when a cancerous growth appears in the throat, the victim is usually beyond the reach of mortal aid.

Treatment. In the cure of diseases of the larynx, it is first of all necessary to bring about activity of the alimentary canal. These diseases are not local in character, but evidence a large amount of impurities in the system, and every effort with a view of arousing the excretory organs to the greatest degree of activity, will be of material advantage. With this in view, the full enema should be given as soon after the attack as possible. This is especially important if the bowels have been unusually inactive. The free drinking of water is also advised while the acute attack continues.

If the disease is so severe as to threaten closing of the throat, a glass of hot water, in which a leveled teaspoonful of salt has been dissolved, will often bring immediate relief. In fact, two or three glasses of salt water could be advantageously given within a short period until the symptoms are relieved. Hot packs on the throat are of value, though if fever is present, cold packs should be used.

The more the patient can be treated out-of-doors, the faster may recovery be expected. He must particularly avoid the inhalation of dust and smoke. As a means of relieving the dryness and soreness of the throat, hot or cold water flavored with lemon juice, or with honey, in accordance with the desire of the patient, should be given at frequent intervals. If the symptoms are of sufficient severity to confine the patient in

bed, then a hot spinal pack is advised in the morning and a hot abdominal pack in the evening.

No food of any kind should be given while the acute symptoms are in evidence. When the patient begins to recover and has a desire for nourishment, fruits are preferable to other foods. Partial Fasting Regimen No. 11 is recommended for a day or two, after which Milk Diet No. 34 for one or two days, followed by Milk Diet No. 32. As soon as strength is regained, adopt an ordinary diet, using care to avoid over-eating.

Chronic laryngitis and tuberculosis of the larynx through different diseases depend for relief upon the increase of the general vitality, and therefore the means of remedying these maladies are almost identical. The only important difference in the treatment in each case is the means adopted to the end of relieving the dryness and hoarseness that is associated with chronic laryngitis. As a rule, the free use of water sweetened with honey, or of honey itself, will bring relief. Sometimes, lemon juice or weak lemonade is of value. These remedies, however, do not apply in cases of tuberculosis of the larynx. Cold wet packs on the throat at night on retiring may be of some value in adding to the comfort of the patient, who is suffering from this latter disease. But the truth is that cures for both ailments depend entirely upon constitutional methods. They are alike in that they must be treated through the blood.

I would first of all, therefore, advise Fasting Regimen No. 2 from two to five days, following by Breaking-Fast Regimen No. 16. The exclusive milk diet as described in the latter should be adhered to in practically every instance, as long as the patient continues to increase in weight. If difficulty is found in confining oneself to this milk diet, the exclusive Meat Diet No. 107 could be used, although it will not bring about as satisfactory results as the former diet. I have seen some instances, however, in which the milk diet caused a great deal of constipation or nausea, that disappeared when the meat diet was followed for one or two weeks, when the milk diet could again be resumed.

Any means that can be adopted for aiding the strengthening of the general vitality of the patient, will materially hasten recovery. Physcultopathic Movements J, K and L are of special value for this purpose, though but one series of movements should be taken at one time. For instance, one series might be taken in the morning and the other in the evening. Select a vitality-building regimen adapted to the strength of the patient and have him follow out in detail each day the instructions given therein. Long walks and light exercise of any kind that accelerates the activity of the organs will be of material advantage.

Tumors and cancers of the larynx are cured by the same means as those used in the case of the diseases just referred to. With tumors, the fast is of great value, as it materially helps in the absorption of the growth. Let the patient fast as long as he can without exhibiting decided indication of weakness and follow with the breaking-fast regimen that is adapted to the length of his fast. Let him also adhere to the instructions given for the building of vitality as in the case of chronic laryngitis.

In cancer of the larynx the same methods can be adopted, although in this instance a shorter fast is advisable. But the instructions for vitality-building already suggested can be followed with benefit. Although this disease, if firmly established, is incurable, the patient can expect to materially lengthen his life by adopting the suggestions just given.

LEAD POISONING.—See under *Poisoning*.

LEONTIASIS.—Elephantiasis of the face, the latter sometimes said to resemble that of a lion. See *Elephantiasis*.

LEPROSY.—A contagious disease of the skin which is rare in this country and Europe but prevalent in Asia, some parts of Africa and the islands of the Southern Pacific. The disease usually first manifests itself on exposed portions of the body such as the hands and face and slowly extends to the elbows and knees, and sometimes the mucous membrane. It is characterized by hard tubercular nodules that in time soften and ulcerate. In some cases areas devoid of the sen-

sation of pain appear before the growth of the nodules ("Anesthetic Leprosy") so-called. As the leprous condition develops and the ulcers spread, fingers, toes, eyelids, ears and even limbs may rot away.

Treatment. This disease is ordinarily considered incurable, but I have heard of cures being effected by methods similar to those which we recommend. I would, therefore, suggest that Fasting Regimen No. 2, ranging from two to five days, begin the treatment. Breaking-Fast Regimen No. 16 should follow, using the exclusive milk diet as instructed therein. Where the weight indicates the possession of considerable vitality, the fast may be continued for some time.

Physcultopathic Treatment F or G should be taken in the morning of each day before beginning the dietetic regimen. After some strength is gained, exercises should be taken so as to increase the general muscular and vital vigor. The neutral bath referred to in the instructions on milk diet must be taken each evening. A strict outdoor life is absolutely necessary with air baths and sun baths so far as possible. After the milk diet, a general vitality-building regimen should be followed closely, involving as much exercise as possible, and the free use of cold water in bathing. (See Vol III, p. 1421.) After experiment with a meatless diet, open-air life, cold water bathing and the practice of a great deal of exercise, such startling results and radical cures were accomplished in the State of Florida, in connection with this disease, that the public institutions for its treatment were closed up. I am satisfied if these instructions are followed the disease will either be palliated or cured altogether.

LETHARGY.—(Stupor or Extreme Drowsiness.) See *Coma; L. African* (Sleeping Sickness), see *Tropical Diseases.*

LEUCORRHEA.—See *Vagina, Diseases of.*

LEUKEMIA.—(Leucocythemia.) *Symptoms.* Leukemia is a disease similar in many respects to anemia, though it is characterized by a great increase of the white corpuscles of the blood rather than by a lack of the red cells, although these also may be diminished in number. There is usually more or less fatty

degeneration of the tissues; an enlargement of the spleen, liver and lymphatic glands, and sometimes distress in breathing and walking. Sometimes there is bleeding from the nose and mouth; there is nausea and vomiting in most instances; and sometimes moderate fever. The cause of the disease may be found in all conditions which tend to lower the vitality and impair the functional processes of the body. In short, it is a disease of the blood-making organs.

Treatment. The causes of the disease indicate clearly the general line of treatment. Every effort should be made to arouse the blood-making organs to the greatest possible activity. All general measures that will tend to purify the blood and build vitality should be adopted. Fasting would be advantageous, but owing to the imperfectly nourished condition of the patient a long fast is not to be advised. Fasting Regimen No. 2 for a period of three or four days to a week should be followed by Milk Diet No. 32. The first thing in the morning Physcultopathic Treatment A or B should be given, in connection with a hot spinal pack, and as the patient grows stronger, more strenuous treatment may be substituted. While fasting a hot abdominal pack can be used in the evening, but while on the milk diet a neutral bath will supplant this.

At all times activity of the bowels is very important and I would especially urge the free drinking of water and the use of enemas when necessary. (See Volume III, pages 1454-61.) Outdoor life, air baths, sun baths and dry friction baths are of great value in connection with the general vitality-building regimen that the patient should follow. With the gain of strength, long walks are especially advantageous with such additional general exercise as may be suited to the patient's condition. When a patient is muscularly strong and vigorous, when the circulation has improved and the blood-making organs are functioning perfectly, one may depend upon a normal condition of health in every respect, including the eradication of all tendencies towards this complaint.

Lichen.—A general term for inflammatory skin diseases, characterized by solid papules. See *Skin, Diseases of.*

Lifting the Injured or Sick.—See Volume III, page 1657.

Lightning Stroke.—See Volume III, page 1657.

Lip, Cancer of the.—See *Cancer.*

Lipoma.—A fatty tumor. See treatment for *Cyst* (*Sebaceous*), also *Tumor.*

Lisping.—*Symptoms.* A speech disturbance which may be due to one of several causes, the most common of which is enlargement of the tonsils. Other causes are harelip and cleft palate (which see); the after-effects of diphtheria, and paralysis of the soft palate. The treatment will vary with the cause. As a rule, especially in the case of children, a minor operation is required to remedy this defect.

Treatment. Where this trouble is due to a mechanical defect such as harelip, etc., litle can be accomplished in the way of a remedy until such defect is removed. If it comes as an after-effect of diphtheria or is caused by paralysis of the soft palate, the complaint is usually curable by constitutional upbuilding combined with the vocal exercises that bring into active use the affected muscles. For information about the vocal exercises see Vol. II, Chapter VI, p. 1054. In regard to building increased vitality, I would suggest that you select one adapted to your strength and adhere to the instructions found therein. Various Physcultopathic movements are of value, especially M and N. All exercises of the neck and spine are recommended. Fasting Regimen No. 2 for two to five days, succeeded by Breaking-Fast Regimen No. 16 should be observed. The exclusive milk diet described in this regimen will undoubtedly be of much benefit to the patient. (See also *Speech, Disturbances of.*)

Lithiasis.—The formation of urinary calculus or gouty deposits, or the bodily condition favorable to such. Constitutional treatment same as for gout or kidney diseases.

Liver, Diseases of the.—There is really no such thing as a "liver attack" and the phrase is meaningless. A so-called liver attack is merely an indication that the storage capacity of the liver is unduly taxed.

The liver, like every other important organ of the body, is liable to a variety of diseases; but only those which are of common occurrence will be here described.

Cancer of the Liver is the most terrible disease to which this organ is liable. In addition to the general constitutional symptoms from which all victims of cancer suffer, there are jaundice, preceded by a tendency to biliousness, coupled with violent pains in the region of the liver, which radiate to the small of the back and in some cases extend to the neck. It is often difficult to detect that the liver is involved, until the growth is well advanced. But such signs as emaciation, an extremely unwholesome and yellow skin, loss of appetite, great thirst, when accompanied with what is described as a "liverish" tendency, should always be regarded as the precursors of a possible cancerous growth in this organ.

Cirrhosis of the Liver is an atrophic or "dried up" condition of the cells of the organ invariably produced by an excessive consumption of alcohol. The liver shrivels and decreases in size and thus, the disease is easily recognizable. As in the case of other ailments of the liver, this disease is preceded by a tendency to biliousness or jaundice, a dropsical condition of the abdomen and catarrh of the stomach and intestines. "Hob-Nail Liver" is a result of Cirrhosis, and is characterized by small flat protuberances resembling the heads of hob-nails.

Abscess of the Liver. A comparatively rare disease, usually following an attack of tropical dysentery; the symptoms include inflammation of the external skin of the organ, which extends to adjacent organs such as the stomach, intestines, or lungs. When the inflammation spreads and the discharge takes place internally death follows. A tendency to biliousness always precedes the development of an abscess.

Fatty Degeneration of the Liver. The function and structure of the liver, like that of the heart, can be seriously impaired by the fatty condition of its cells. The symptoms are a generally obese condition, the pallor of the stools, loss of

appetite, vomiting and pain in the region of the liver on the right side. This ailment is a consequence of over-indulgence in sugar forming foods.

Treatment. As the various diseases of the liver are mainly due to one cause, viz., a neglect of dietetic hygiene, their cure depends upon the removal of the cause. It is true that in the advanced stages of cancer or cirrhosis of the liver, but little hope of a recovery can be given. But the victims of these diseases must remember that there is always a possibility of a mistake in diagnosis, and even should the methods we prescribe fail to effect a permanent cure, the patient may rest assured that they will materially lengthen his life.

The fasting process followed by the exclusive milk diet can be emphatically recommended in the case of these diseases. There may be nausea in connection with the milk diet, but by using lemons when these symptoms appear, you will find that you will be able to continue the diet with but little trouble. Where the full milk diet cannot be continued, because of the inability of the patient to take it, the quantity can be reduced.

I would also advise the adoption of Fasting Regimen No. 2, to be continued for from two to five days, Breaking-Fast Regimen No. 16 to follow and the milk diet to be used as prescribed therein.

Physcultopathic Movements F and G would be of special advantage to patients, although if they are not strong enough to quickly recuperate from these treatments, those treatments requiring less effort could be used.

Treatments A, B, C or D could be tried by the patient and the stimulation of the vital organs that would be brought about by them would be of material advantage. If these treatments do not seem to relieve the patient, then simply give the hot spinal pack once each day and the hot abdominal pack in the evening. As the patient improves in strength, various exercises could be taken with benefit, such as are advised in Physcultopathic movements.

An outdoor life, with plenty of walking, is especially recom-

mended, combined with a general vitality-building regimen which includes air baths, dry friction baths, sun baths, and other health-building measures.

When fasting, and also after discontinuing the milk diet, the free drinking of water should be persisted in. In some cases the increased consumption of water and free use of fruit will be almost sufficient without other treatment, to remedy mild disturbances of the liver. In many cases, disorders of the liver are induced almost wholly by constipation, and special attention should always be given to the condition of the bowels. If inactive, or if there is any tendency toward costiveness, enemas should be used. You must be careful not to eat any quantity of fatty foods, when the liver is affected; and all acid fruits will be found especially beneficial, because of their liver-stimulating qualities.

Liver-Spots.—A skin disease which derives its name from the liver-colored spots that characterize it, which are in no way connected with the liver. These spots or patches when they first appear are yellow; they gradually acquire a dark brown or black hue. When present in large numbers they often indicate a tumorous growth. They are sometimes congenital or they may appear during pregnancy. Unless there are other severe symptoms, they rapidly disappear under the influence of constitutional treatment.

Treatment. A disease of this character comes from a perverted condition of the blood, therefore it is a waste of time to attempt local treatments of any kind outside of accelerating the circulation through hydropathic treatments. Beneficial results will arise from fasting adapted to individual needs, milk and other purifying diets.

For constitutional treatment in this trouble, I would advise Fasting Regimen No. 2, to be continued from five to fifteen days, according to the vitality and the weight of the patient. If the fasting does not materially reduce the strength, while the patient remains at or is above normal weight, it can be continued to the longer period. Use a breaking-fast regimen adapted to the length of the fast and faithfully observe the

milk diet advised in this regimen. Milk is the most satisfactory food that can be used in ridding the skin of these unsightly spots. It is especially valuable when the system can be thoroughly flushed with it.

Wet sheet packs, if taken daily, will be of material aid. Physcultopathic Treatment F or G is also of much value, though if it is difficult for the patient to take these treatments Physcultopathic Treatment M could be used in the morning on arising and N in the evening before retiring. Long walks are of especial value as a means of adding to the vital vigor which is so necessary in the work of eliminating liver-spots.

LOCKJAW.—See *Tetanus*.

LOCOMOTOR ATAXIA.—*Symptoms.* A disease of the spinal column characterized by a gradual loss of control over the muscles which govern locomotion. Walking no longer becomes automatic but necessitates a direct effort of will and concentration; and when the eyes are closed marked difficulty is experienced in maintaining an erect carriage; the sufferer cannot walk in the dark. The symptoms which precede this nerve degeneration are pronounced neuralgic pains in the limbs, of brief



Characteristic swaying exhibited by sufferers from locomotor ataxia when blindfolded.

duration, temporary visual defects, occasional abdominal pain, swollen knee joints and a tendency to obstinate constipation varied by brief attacks of diarrhœa.

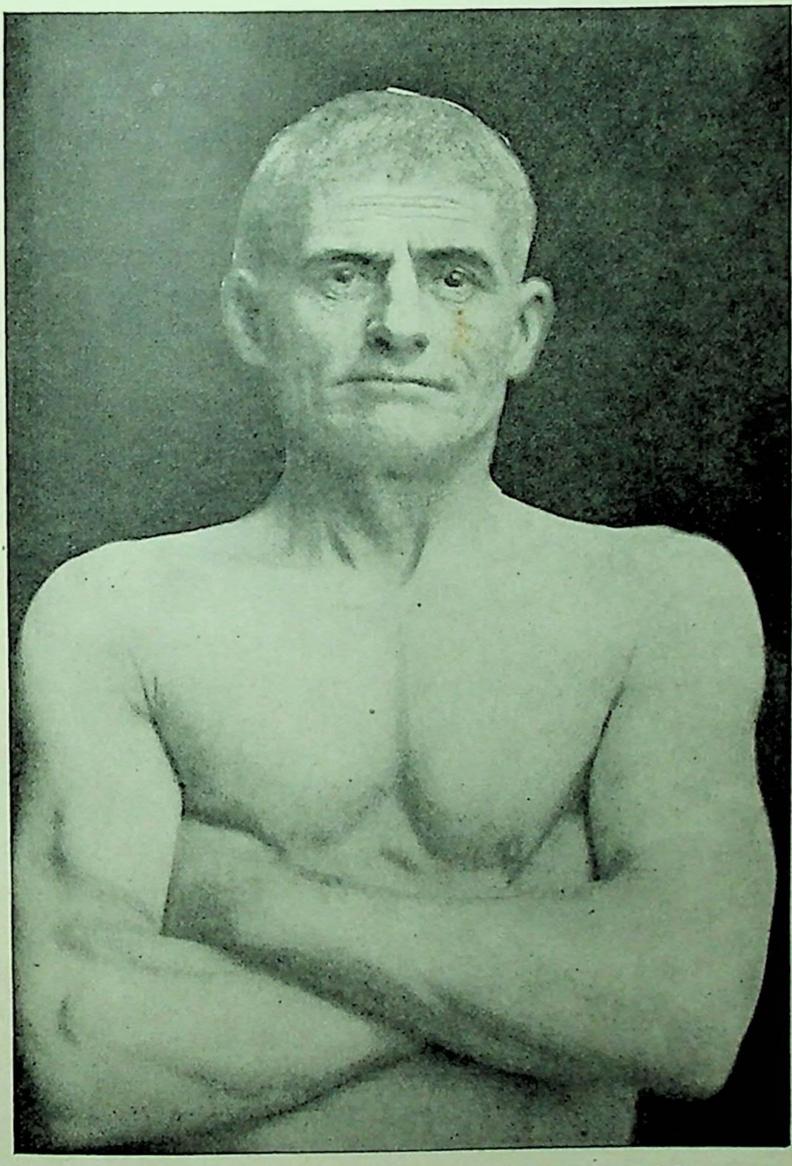
With the development of the disease walking increases in difficulty, the steps become shorter and the feet are raised with a jerking motion to an unnecessary height from the ground. Then the arms become affected, paralysis, partial in nature, follows, the eyesight becomes greatly impaired, and the sufferer becomes completely bed-ridden.

A cause predisposing to the appearance of locomotor ataxia is presumed to be syphilitic infection. But the doubt may well be raised as to whether the present-day method of saturating the blood with mercury under such circumstances is not either a contributing cause or perhaps the real cause which leads to the nerve degeneration within the spinal column; and that locomotor ataxia in such cases is to be attributed more to the "cure" of syphilis than to the disease itself.

Treatment. This is distinctly a constitutional disease. Practically all treatment must be devoted to one purpose—adding to the general vital vigor. Where the disease has progressed to any great extent, as a rule, it is incurable. However, many cases have been reported to me that might reasonably be termed well advanced, in which a cure by our methods was finally effected. Therefore, do not give up hope if you feel that your disease has been firmly established. Simply go to work and determine to the best of your ability that you are going to "get well," and that if you do not entirely recover, at least, you can depend upon a satisfactory improvement.

Fasting must be used with considerable care in this disease. An extended fast, such as is described in Fasting Regimen No. 4, has been productive of benefit in this disease, although I have never prescribed it, and I have been inclined to regard it as a risky mode of treatment. What is needed in this disease is more vitality, and this particular aim should be kept continually in view. If not possessed of excess weight, I would suggest Fasting Regimen No. 2 for from two to three days, then using Breaking-Fast Regimen No. 16. If Milk Diet

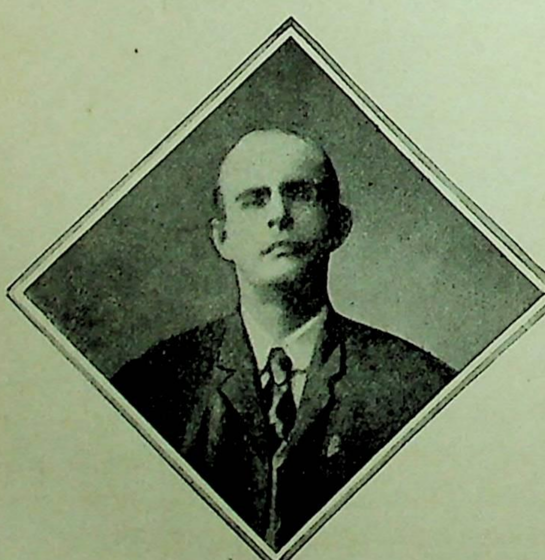
No. 32 seems to be agreeable and a sufficient quantity can be taken to bring about a material increase in weight, it will be of very great value. If, however, it causes diarrhœa, or if only a moderate quantity can be taken, then the general diet suggested in the breaking-fast regimen could be followed for at least a few days. You could try Milk and Fruit Diet No. 42, 43, 46 or 47, and any one of these diets, provided it is



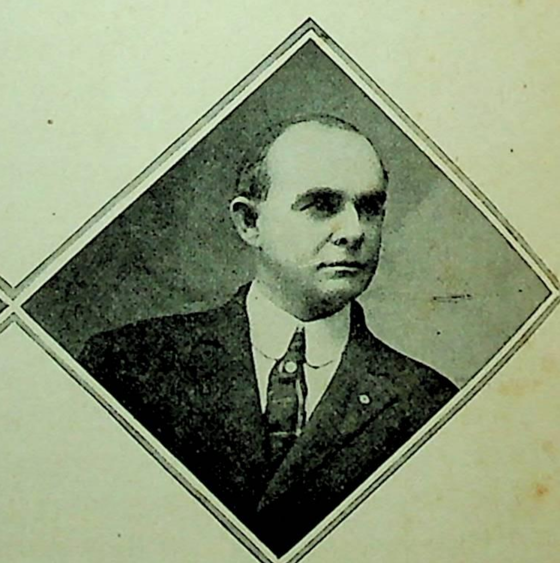
Subject of photograph, at fifty years of age, completely recovered from a threatened attack of locomotor ataxia through constitutional upbuilding.

found to agree with the patient, would be of considerable value. Combination Milk Diet No. 48, 71 or 74 might also be worth a trial, provided previous diets did not seem to be of special value. In some few instances there may be considerable difficulty in adapting a diet to one's own particular needs. If, after trying the various diets suggested, there is no material gain in strength, it might be well to try Meat Diet No. 107 for one or two weeks, at least, after which probably Milk Diet No. 32 may be taken with more success.

Physcultopathic Treatment F will be of especial value in this ailment. An assistant is really necessary in the proper treatment of this disease in order to bring about satisfactory results. Treatments D and E could be used provided Treatment F proved to be too vigorous. Your assistant should go over all the affected parts of the body, moving the joints, with relaxed muscles, in all directions as directed in the discussion of Mechanical Physcultopathy, Volume III, p. 1513-1579. There is little danger of the patient being injured by these movements even though they should be improperly performed, provided any sense of pain is always regarded as a warning and no movements are given which cause serious discomfort.



Mr. S. M., a weaver, suffering from locomotor ataxia—weight 129 pounds.



Same patient after a course of drugless treatment. Weight 160 pounds.

A slight feeling of discomfort should not indicate the necessity of stopping the movements, but where there is distinct pain, this is a warning that should be heeded. The feet should be turned in every conceivable direction, thus bringing into thorough activity all the muscles and ligaments in the region of the calf and ankle, in fact all parts of both legs should be thoroughly stretched and manipulated in this manner. All spinal stimulation indeed is of special value, and the Mechanical Physcultopathic movements that are especially advised for increasing spinal vigor should be used.

If the application of heat to the spine, as indicated in Treatment F, is productive of great discomfort, this particular phase of the treatment should be avoided.

Patient should walk to the limit of his strength each day—that is, until there is a decided feeling of fatigue. The idea should be to gradually increase the distance walked as strength is gained. Exercise is one of the most important factors in the treatment of all diseases of this type.

Sufferers with this disease must be satisfied with slow progress. As a rule, it takes several months to really make a decided change for the better. Air baths, dry friction baths, sun baths, and allied measures are all of great value.

Loss of Hair.—See *Baldness,* page 1881.

Loss of Weight.—See *Emaciation,* page 2028.

Losses.—Night. (*Seminal Losses.*) See *Spermatorrhea.*

Lues.—A euphemistic name for Syphilis, formerly meaning a pestilential disease.

Lumbago.—*Symptoms.* A disease of the muscles confined to the lumbar regions and to the small of the back. The signs which characterize it are acute pain, rheumatic in nature, which precludes all movement, and which effectually prevents the sufferer from standing erect. The pains of lumbago often appear before the onset of an infectious condition. When an attack develops suddenly after exposure or cold, the ailment, excepting as an indication of the unwholesome state of the blood, is without significance, and rapidly yields to sensible treatment.

Treatment. As a rule, a hot spinal pack will bring about

a decided change for the better in this particular ailment. A short time following this pack, in acute attacks a very hot hip pack may be given. Should this not bring good results then a hot abdominal pack could be used. In connection with these methods, the patient should be encouraged to drink very freely of hot water and an enema should be used to cleanse the colon. In many instances the patient will so far recover as the result of these simple measures that he can go about his ordinary duties the next day thereafter.

One must be very careful about food when suffering with this disease. Fasting Regimen No. 2 could be advantageously continued while the acute symptoms remain. Milk and Fruit Diet No. 43, 46 or 47 would be of advantage afterward.

If Treatment F is taken each day as one begins to acquire ordinary vitality, it would help materially in warding off future attacks and would add to the speed of recovery. A general vitality-building regimen should, of course, be adopted.

LUNGS, DISEASES OF.—(See also *Consumption, Cold, Cough, Pneumonia, Pleurisy.*)

Symptoms. The chief affections to which the lungs are liable are the acute diseases known as pneumonia and pleurisy. In addition to these common maladies, these vital organs are liable to many forms of degeneration.

The most important and significant ailment to which the lungs are liable is tuberculosis or phthisis. (See *Consumption.*)

Dropsy of the Lungs, (Pulmonary Edema) is a dangerous dropsical condition in which both the cells and vesicles are filled with serum, the fluid base of the blood. The signs which indicate this condition are great difficulty in breathing, almost amounting to suffocation, a rattling sound in the chest and distended venous circulation. Dropsy of the lungs often ends in death from suffocation.

Pulmonary Edema is usually a result of heart failure, and efforts should be directed to that organ.

Emphysema of the Lungs is elsewhere described. (See *Emphysema.*)

Gangrene of the Lungs is a pathological condition of common occurrence in which portions of lung tissue die and decompose. This gangrenous condition may develop as an after-effect following an acute pulmonary affection such as pneumonia or bronchial catarrh, or it may originate by the swallowing of foreign bodies through the windpipe when the organism is devitalized.

Before gangrene appears fever is always present. There is much difficulty in breathing, the breath is exceedingly foul, and the sputum expectorated is black in color and putrid in odor—so much so that the surrounding atmosphere is quickly contaminated. The general health of the sufferer will determine the possibility of recovery. Those of advanced age quickly succumb to the malady.

In gangrene of the lungs, sometimes an operation can effect a cure.

Treatment. Dropsy of the lungs and gangrene of the lungs can both be treated by exactly the same methods. The cure of either of these complaints depends upon the stimulation of the depurating or purifying organs, with a view of hastening the processes essential to their cure. The outdoor treatment is extremely important and if the patient cannot be kept out-of-doors actually, then all of the windows in the sleeping room should be kept wide open at all times, maintaining warmth, if necessary, by hot water bottles and sufficient covering. If the patient possesses a great deal of vitality, Fasting Regimen No. 2 can be continued for several days. Where the vitality is very low, however, a short fast of two or three days, using water freely in accordance with the desire of the patient, would be of especial value, followed by Milk Diet No. 32.

Wet sheet packs would be of very great value if the vitality is sufficient to recuperate from this stimulation. Otherwise Physcultopathic Treatment A or B could be used, followed by a hot spinal pack. In the afternoon or late in the evening a hot abdominal pack could be used. Use every possible care to maintain activity of the bowels, using a moderate sized

enema each day. Make this enema just as small as possible and still produce the desired results. A full enema under such circumstances might so reduce the vitality as to hasten the approach of death.

It would probably be safer to continue on a milk diet until the patient recovers entirely and until normal weight is regained.

As soon as strength permits, a general vitality-building regimen should be adopted. See *Pneumonia* for further suggestions along the line of constitutional treatment.

LUPUS.—*Symptoms.* A skin disease, tubercular in character, which usually appears on some portion of the cuticle exposed to air and light, especially the nose, the lips and the cheek. This ailment of the skin is unaccompanied by any pain. In its first form it appears as a simple grey-red spot or nodule which gradually softens and becomes transformed into an ulcer. As a rule the first ulcer heals by the formation of a scar; but other nodules and ulcers continue to break out on the margin of the scar. Lupus also appears upon the mucous membrane, especially that of the nose but like all other superficial diseases is sometimes curable by proper constitutional treatment.

Treatment. Treatment should begin with Fasting Regimen No. 3, continued from two to five days, then using Breaking-Fast Regimen No. 16. If Milk Diet No. 32 is inconvenient and cannot be adhered to, then use Milk Diet No. 36. The next best diet thereafter would be a choice from Milk and Fruit Diets Nos. 43, 46 and 47, depending entirely upon the patient's appetite. Activity of the bowels is important and if necessary should be insured by the use of enemas.

Physcultopathic Treatment F, G or I could be taken each morning, though do not take more than one series of movements at a time. Physcultopathic Treatment N could be taken at night before retiring. These treatments are suggested only when enough vitality is possessed to perform vigorously the movements illustrated therein. If the patient is rather weak, then Physcultopathic Treatment E or F would

be recommended instead. Select a vitality-building regimen adapted to the patient's strength. Remember that the object to be kept in mind continually while treating this disease is the building of vital or nerve power and the purification of the blood stream. If one short fast does not secure results in connection with the suggestions outlined, the disease must be very firmly fixed and a long fast may be necessary in order to entirely remedy it. In other words, Fasting Regimen No. 4, 5 or 7 could then be suggested, combined with wet sheet packs, occasional steam baths and a strict outdoor life.

LYMPHADENITIS. See *Lymphatic Diseases.*

LYMPHATIC DISEASES.—*Lymphangitis* is an inflammation of the lymph vessels, generally associated with an inflammatory condition of the glands. *Lymphadenitis* is an inflammation of the glands themselves which may be either acute or chronic. *Bubo* is an example.

Lymphangitis follows infection from wounds or bruises. As the student has learned in Volume I, pages 442-443, the lymph glands are the first bar to the progress of antagonistic foreign matter picked up and carried inward by the lymph current. Tenderness, swelling and pain result. In Lymphadenitis there is heat, redness of the skin, and if the processes run on to suppuration, the symptoms of ordinary abscesses insue. Lymphangitis often begins with a chill or rigor followed by vomiting, diarrhœa and high fever.

Treatment. Lymphangitis, when the result of a wound or bruise, requires attention to the injured part for the purpose of allaying the inflammation. Whenever possible this part should be elevated. Hot fomentations should be applied to the affected region. Constitutional treatment should also be given. A hot blanket pack should be given upon the appearance of the chill, and later cold wet sheet packs to combat the fever.

The patient should drink water in large quantities. Activity of the bowels should be insured by enemas, hot in the beginning and of a neutral temperature later. (See Vol. III, pages 1454-61.) A full supply of fresh air is essential and

the patient should fast absolutely during the acute stages and until they disappear, thereafter either adopting a milk diet or returning to the use of ordinary foods as suggested in the breaking-fast regimen adapted to the length of the fast.

The same treatment applies in the case of acute lymphadenitis, but in chronic inflammation of the glands a general vitality-building regimen should be adopted and adhered to. In the latter case a limited diet for a period of some weeks may be advocated, but usually a short fast followed by the milk diet will bring quicker results.

LUXATION.—See *Dislocation.*

MALARIA.—(Ague.) *Symptoms.* A febrile disease the more virulent forms of which are engendered in the tropics, but which in its milder aspects is common to temperate climates. The cause of the disease is said to be a malarial parasite introduced into the blood by a species of mosquito. The symptoms of this ailment are a rapid rise in temperature, chills and shivering, chattering of the teeth, headache, profuse perspiration, with muscular aching over the whole of the body. The attack varies in length from a few hours to a day. The severity of the symptoms always subsides when the patient commences to sweat. The attacks occur every other, or every third day, rarely every day. Later the condition may become chronic, the attacks occur at irregular intervals and the general constitution becomes undermined (malarial cachexia.) In the latter case paralysis of the heart, dropsy or hemorrhage often lead to a fatal termination.

Though quinine is regarded by a majority of the medical profession as a specific for malaria and the only remedy of any value, experience proves that malaria, like all other acute ailments of a sub-chronic nature, requires in addition treatment by constitutional measures.

Treatment. Remember that this is a constitutional disease. It is not solely due to the presence of swamps or to the inoculations of malaria-infected mosquito. To be sure you will find more malaria in swampy countries than you will in the high lands. The tendency toward ill health is naturally stronger if

one is in a climate in which the air has no stimulating qualities. But I am firmly convinced that one can be cured of malaria, if he will follow the proper regimen.

In serious cases of malaria, a fast is necessary. It is also of value in hastening the cure even if the symptoms are not serious. As a rule, it should not be continued over two or three days. I would advise a short fast, followed by Breaking-Fast Regimen No. 16. If the symptoms do not call for a strict fast then Limited Diet No. 20, 24 or 27 if faithfully followed for a sufficient length of time will bring about satisfactory results, though they will not appear quite so speedily as if a fasting regimen, combined with the milk diet, is used.

Physcultopathic Treatments E and F are of special value in remedying this disease. If these treatments are taken in the morning, and a wet sheet pack applied in the afternoon, very speedy benefits may be expected. If the vitality of the patient is low, it might be better to use an abdominal pack instead of the wet sheet pack.

Encourage the patient to drink freely of water. The bowels should be regulated with daily small enemas, provided they are necessary. If one is able to be "up and around," it is advisable to select a vitality-building regimen adapted to your needs and adhere to it closely, in addition to the instructions already given. Occasional steam baths, air baths, sun baths, dry friction baths, long walks, suitable outdoor pastimes and indeed, any other means that will assist in bodily purification and in vitality-building will be of material aid in curing this complaint.

MAMMARY ABSCESS.—See *Breast, Diseases of.*

MANGE.—A common name applied indiscriminately to scabies and other parasitic afflictions, which may be transmitted from animals to man. See treatment for *Itch.*

MANIA.—See *Insanity,* also Vol. III, p. 1671.

MARSH FEVER.—See *Malaria.*

MASTITIS.—Inflammation of the breast. See *Breast, Inflammation of.*

MASTOIDITIS.—Inflammation of the Mastoid Process, or of

the periosteum of same. See treatment for *Bone, Inflammation of;* also *Abscess.*

Masturbation.—The practice of producing a discharge of seminal fluid without sexual intercourse.

Masturbation is a devitalizing habit, chiefly confined to the young of both sexes, the cause of which is not to be attributed to inherent weakness but to excess of sexual desire. When frequently practiced masturbation leads to progressive nervous debility culminating in mental derangement. Probably three-quarters of the cases of mental deficiency which develop in the later years of adolescence may be attributed to this self-abuse.

Treatment. This disease—if it may be so termed—is a product of prudery. To a certain extent this perverted habit is due to bad inheritance, but it is also induced by unwholesome environments and the mistaken methods of parents and teachers in failing to warn the young against the danger of the habit. Masturbation usually obtains such a hold upon its victims that it is extremely difficult for these to release themselves.

In trying to effect a remedy for this practice a proper mental attitude must first of all be created. The victim must be made to recognize the terrible character of his vice. He must be taught the value of manly characteristics and that the continuance of the habit will prevent him from attaining superior manhood.

Simultaneously the environments and habits of life should be made to contribute toward physical wholesomeness. Exercises and games of all kinds must be encouraged.

Physcultopathic Treatments M and N could be given each morning on arising, provided that the patient posesses average strength. Following these treatments a dry friction bath should be taken using a friction brush or a rough bath towel. After this should come a cold bath in the form of a plunge into a tub, or, better still, a lake or river. Do not avoid the cold bath because of winter weather. If you do not recuperate quickly from the shock of the plunge dash cold water over the body.

Take air baths at every opportunity. Long walks continued until a feeling of fatigue is felt are excellent. If the patient is able to travel for a distance of five, ten or fifteen miles, or even more, the exercise will be greatly to his advantage. Remember that the fight is for physical wholesomeness—for the strength which gives one normality. When the physical instincts are absolutely normal the patient can rest assured that his evil practices will disappear. Avoid the solitude which is often associated with this habit. Be alone as little as you can. Make friends among both sexes.

A a rule any wholesome diet can be recommended. In some instances, it is a good plan to follow a limited diet for a few days, but if by so doing there is a material decrease in your strength it should be discontinued. If, however, there is no decrease in strength, and there seems to be an increase in endurance, it could be continued from seven to fourteen days with advantage. Thereafter you will find you have a very greatly improved appetite.

Be careful to thoroughly masticate your food, and avoid eating beyond your digestive capacity. For instance, Limited Diet No. 21, 25 or 28 could be used. Following such diet, Combination Milk Diet No. 53, 57 or 74 could be observed in accordance with the dictates of the appetite—that is, use each day whichever diet appeals most to your appetite. It is most important that the patient take steps to avoid constipation. Small daily enemas may be used, gradually lessening the quantity of water each day, the idea being to slowly bring about normal activity of the bowels without artificial assistance.

Constipation causes an irritation which should above all things be avoided by one who is struggling against this habit. Cold packs to the upper spine on retiring will often be of assistance as a means of reducing excitement of the generative system.

MEASLES.—*Symptoms.* An infectious feverish disease of childhood which rarely recurs in the same individual. For this reason adults seldom contract the ailment.

The inception of the disease is marked with high fever, a discharge from the eyes and nose, and, sometimes a dry cough. The temperature may fluctuate during the first three days; and its increase is followed by an eruption which, beginning on the parts of the body exposed to light and air, rapidly extends over the whole person. This eruption appears in the form of light red spots about the size of a pea and sometimes smaller. The eruption then darkens, the spots run together and often large areas of the skin are covered. The urine is heavily laden, frequently voided and constipation ensues. The catarrhal discharge increases, and as expectoration becomes more copious, the fever subsides and the skin begins to peel off in fine scaly patches. This usually ensues about three days after the first appearance of the rash.

Treatment. If proper measures are adopted in the treatment of this disease, no serious symptoms will develop except in rare cases.

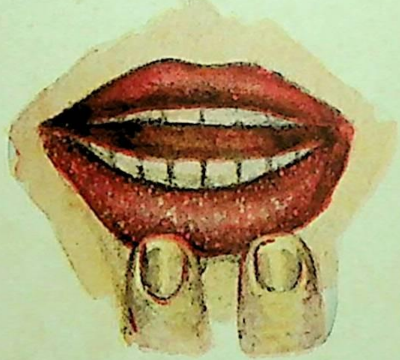
The free drinking of water flavored with fruit juice should be encouraged at the first evidence of the ailment. A satisfactory combination is unfermented juice of the apple, using one to two parts juice, balance water or lemon juice can be used instead. The liquid can be taken hot or cold in accordance with the desire of the patient. Once each day give a wet sheet pack, using blankets and hot water bottles so as to bring about profuse perspiration. Also give daily a full enema, provided there is any indication of constipation. Two or three tablespoonfuls of olive oil in the morning and evening should be taken to induce activity of the bowels. No food should be given to the patient while the acute symptoms of the disease continue.

In many cases the eruption associated with measles will not appear if the treatment described is promptly given and persistently followed, and even where the eruption does appear it will often disappear in twenty-four to forty-eight hours thereafter. In fact, this disease, if properly treated, can usually be cured in two or three days. The child should not be compelled to stay in bed but should be allowed to go about in ac-

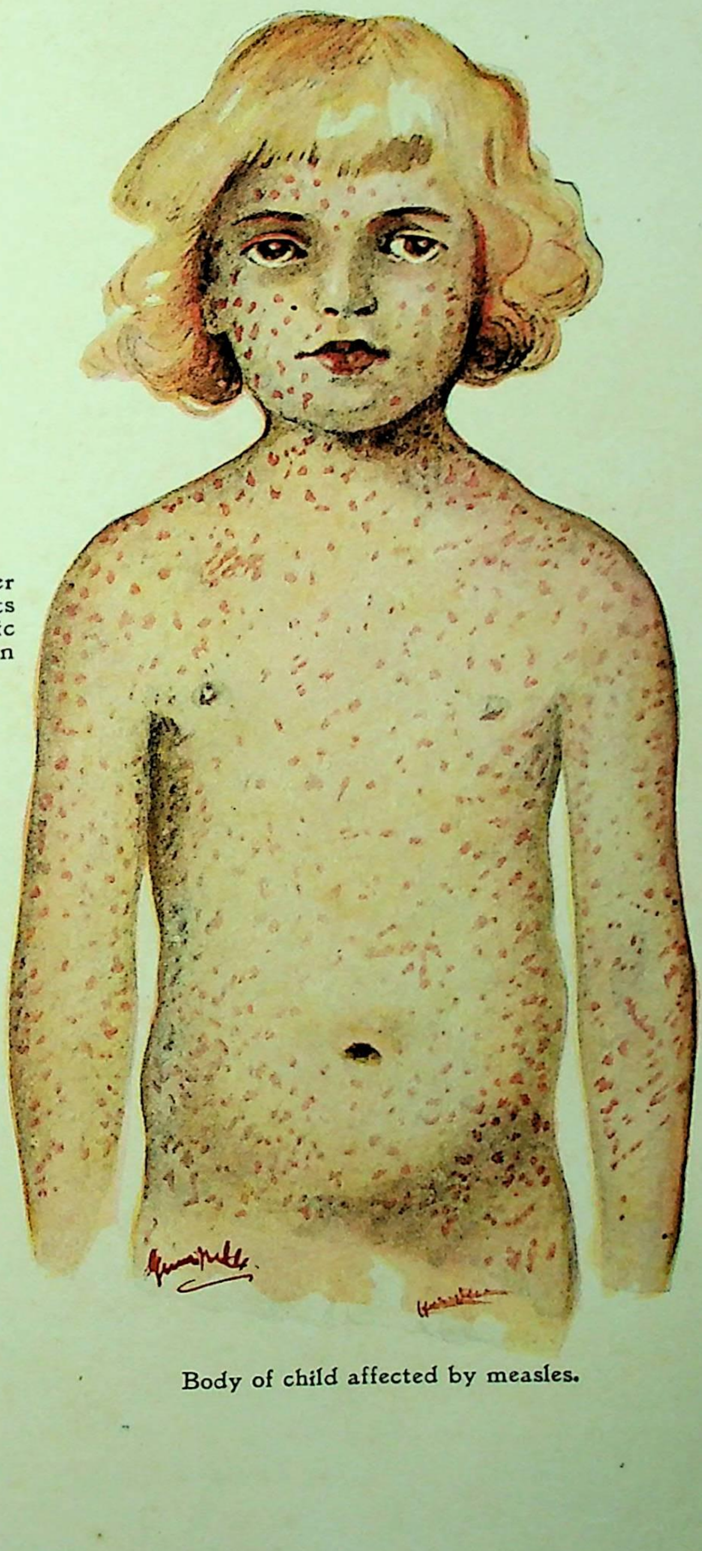
PLATE G—Measles



Appearance of lips in earlier stages of measles. The spots here shown are characteristic of the disease and are known as Koplik's spots.



Koplik's spots as they appear in the latter stages of measles.



Body of child affected by measles.

cordance with its desires. If there is any inflammation of the eyes, or if the light causes discomfort dark glasses or an eye shade should be used. Fresh air, however, is imperative.

During convalescence, the exclusive milk diet is most satisfactory, using Milk Diet No. 32, modified as regards the quantity to suit the needs of the child.

MEGALOMANIA.—Insanity marked by delusions of one's own greatness. See *Insanity*.

MELANCHOLIA.—See *Insanity*.

MENINGITIS.—*Symptoms and Varieties.* An inflammatory condition of the brain membrane or covering, and that of the spine. This disease arises from a variety of causes and is manifested in various ways. Its most common form of development is that known as

Cerebro-spinal Meningitis or spotted fever, an infectious disease of much virulence. The first sign of its appearance is a stiff neck, attended with much pain. The head aches, the pain extends down the spine, the eyes grow sensitive to light, the temperature rises, the pulse is slow at first, later becomes rapid. The stiffness of the neck and the pains in the back and spine increase in severity until the patient lies in a rigid condition with the head thrown far back. When this rigidity is very pronounced the sufferer is seized with severe muscular spasms which become convulsive in nature. A red eruption similar to the rash of measles appears upon the nape of the neck and along the spine.

If the attack is of a severe nature, death may result within twenty-four hours unless prompt remedial measures are adopted. If recovery takes place it is slow and protracted, while the after-effects of the disease are paralysis of one or more of the limbs, blindness, deafness or mental defects. When the inflammation spreads to the middle-ear and the brain is involved, the condition is further complicated by delirium. Pus, which then collects in the brain, greatly increases the gravity of the sufferer's condition and makes a recovery extremely doubtful.

Tubercular Meningitis is a form of spinal inflammation to

which children of a tubercular tendency are liable. It often appears after the attack of an infectious disease such as measles or typhoid, or it may result as a complication of influenza. The symptoms are a general failing of health, an under-nourished condition and pains in the back of the head. Sleep is often disturbed by a sudden spasm of pain, and a convulsive seizure with temporary spinal rigidity often follows. The progress of the disease is marked by fever, disturbances of vision, a failing appetite, obstinate constipation and pronounced apathy and listlessness alternating with violent spasmodic seizures. The duration of the disease varies from a few weeks to two months. The result is nearly always fatal.

Treatment. The first remedial measure that should be adopted in the case of these diseases is the drinking of from one to three glasses of hot water in which a level teaspoonful of common salt has been dissolved. If there are the slightest symptoms of constipation, a sufficient enema should be used. Unless there is a high fever this enema should be as hot as the patient can bear it and should be as copious as possible and should be retained for a few minutes, the purpose being to absorb a portion of the liquid, which will thus assist in arousing the activity of the excretory organs. Physcultopathic Treatment D or E should be given, the spinal packs being made as hot as the patient can bear. They should be changed two or three times during the treatment, being made hotter on each occasion. The heat thus applied to the spinal column will often so arouse the nerves that the acute symptoms of the disease will disappear and the complaint be forestalled. It will also allay the inflammation.

But if the acute symptoms of the disease continue, no food of any kind must be allowed. The only exception to this rule may be a moderate quantity of fresh fruit of the apple, grape or orange, though this should not be given unless strongly craved. Free drinking of water flavored with any fruit-juice should be continued right along, or it could be flavored with a little honey if this seems to encourage the patient to take an increased quantity.

Neutral baths can be taken with benefit, ranging in duration from fifteen minutes to three-quarters of an hour, though be careful not to make these baths so warm that they shall be weakening. They should be given at ninety-eight degrees or one hundred degrees Fahr. The following daily treatment will prove beneficial in these ailments: Physcultopathic Treatment D or E should be given in the morning and an abdominal pack in the afternoon. If the patient possesses sufficient strength and recuperative power the wet sheet pack would be more effective than the abdominal pack. If the former is used, then, of course, the warm bath should not be taken on the same day.

Cold neck packs applied and changed every two or three minutes have been found to be of value by reason of their reflex action; also hot half-baths (see Vol. III, p. 1444) have been found to bring about an almost immediate improvement. These hot half-baths in meningitis are recommended by very high authorities, and particularly if cold affusions to the upper spine, neck and chest are given in connection, rubbing at the same time until recuperation takes place. This treatment may be given every hour or two in a very severe case, and in that event, the hydrotherapic treatment mentioned above may be suspended temporarily. As the patient begins to improve, however, the Physcultopathic Treatments and abdominal packs or wet sheet packs may be given as directed.

As strength is gained, and the appetite begins to return, observe Partial Fasting Regimen No. 8 for one or two days, followed by one day of Partial Fasting Regimen No. 11, after which take Limited Diet No. 20 or No. 25. This could be followed with Milk and Fruit Diet No. 43, 46 or 47, as the appetite may dictate. As the patient begins to convalesce Physcultopathic Treatments M and N could be used, the N series being taken in the morning and the M series in the evening. The efforts used in making these movements should not be very great in the beginning, though as strength is gained, they should be taken vigorously.

The more the patient can be kept in the open air, the faster

will be his recovery. When he has gained sufficient strength to take walks he should do so daily, continuing until he experiences a sensation of slight fatigue.

MENOPAUSE.—See *Menstruation.* Also Vol. V. The cessation of the act of menstruation which occurs about the age of forty-five, termed the "change of life."

MENORRHAGIA.—Excessive menstruation. See *Menstruation;* also Volume V.

MENSES.—See *Menstruation.*

MENSTRUATION.—*Symptoms.* A discharge of blood from the female sexual organs which takes place every four weeks. This hemorrhage begins at the age of puberty and ceases about the forty-fifth year. The discharge varies in quantity from four to six ounces, and covers a period of from three to five days.

Into the physiological data relating to menstruation it is needless to enter. But the fact that this hemorrhage is a natural elimination of blood impurities calls for emphasis. In countries where women live an active outdoor life menstruation often ceases entirely during the summer months—when the other eliminative organs are actively working. For this reason a copious menstrual discharge or its cessation in the case of females whose health is in any way impaired suggests conditions demanding more attention than they usually receive. Whenever menstruation is accompanied or preceded by any physiological disturbance such as headache, languor, depression or nervous irritability or whenever the discharge ceases entirely, unless proper attention be paid to the condition one or more of those ailments peculiar to women may be expected to develop soon or later.

Treatment. The cessation of the menstrual flow, when brought about by natural causes, can hardly be termed suppressed menstruation. One must remember that ovulation is really a part of the physiological process associated with menstruation. When for any reason, vital or otherwise, ovulation ceases, then, in most cases, menstruation ceases also. The ovum thrown off by the ovaries and passed through the

Fallopian tubes into the uterus if not impregnated, remains in the womb for a certain period and is then washed out by what we term a menstruation. An allied process is in many cases used by the system as a means of ridding the body of impurities. The truth of this assertion is proven by the experience of many patients who go through the purifying and vital-building processes which we prescribe in curing diseases that are not associated with pelvic disorders. For instance, in the cure of stomach trouble or any disease that has affected the vitality, the fasting process and the limited diet and the bodily purifying regimens often result in menstruation disappearing for several months. Symptoms of this kind may cause some worry, but in reality they are an evidence that there has been no vitality to spare for ovulation on the part of the patient and when ovulation is discontinued, there was naturally no need for menstruation. But after a few months the vitality seemed to be sufficiently restored to bring about ovulation and so menstruation reappeared.

There are, of course, many instances where the menstruation is really suppressed (*Amenorrhea*). Unpleasant symptoms accompany this condition such as headache, languor, etc., and various methods can be adopted with a view of bringing about the functional process. Probably the most effective is the hot sitz bath which you will find described in the chapter on Hydrotherapy, Vol. III, p. 1479. This bath should be taken as hot as it can be borne and should be continued from ten to fifteen minutes and even beyond that time provided that no feeling of weakness is experienced. Use this bath morning and evening for two or three days in succession. Or a hot hip pack can be used for half an hour to an hour. For a longer period, a hot water bottle should be applied over the pack to maintain its warmth, for if it is allowed to become cold it is liable to work harm. Where the menstruation is scanty, the same treatment can be adopted with benefit.

Profuse Menstruation (Menorrhagia) is, as a rule, associated with vital depletion, and if one will adopt a remedy

for adding to the general vitality, the trouble will usually disappear. If there are no complicating symptoms, then the regimen for adding to the vital vigor—including a fast—will bring about a change for the better. Of course, the fast must not be continued for too long a period, although one of from seven to fifteen days is usually essential in order to bring about a change for the better. Where it is inexpedient to take a complete fast, then Partial Fasting Regimen No. 9 or No. 11 may be observed for from ten to twenty days. The fast or the partial fasting regimen, whichever may be decided upon, should be followed by an exclusive milk diet such as is advised in Milk Diet Regimen No. 33. This dietetic regimen seems to have a decided beneficial effect in practically every instance. As stated, the ailment is an indication of vital depletion and the milk diet has much influence in adding to the general vitality.

Physcultopathic Treatments D and E could be used with advantage each day. When there is constipation, a small enema should be administered daily with just sufficient water to bring about desired results. A full enema draws on the vital energies and these must be conserved as much as possible.

The patient must remain quiet while the flow continues. It is even well in extreme cases, to lie on the back with hips elevated a few inches. In case of pronounced hemorrhage cold hip packs should be used with the patient in this condition. When the flow has ceased, a moderate amount of exercise is advised, but it should be taken before beginning the milk diet, and be confined to the movements given in Physcultopathic Treatments J, K and L, using only one series of movements during the day. As strength is gained, Physcultopathic Movements N may be taken in the morning and M at night, and great care must be observed to avoid over-exercising. Long walks, and the special exercises, are of benefit in thus treating this trouble, provided they do not aggravate the symptoms.

The menopause, or "Change of Life," need occasion little

or no inconvenience to a woman in vigorous health. General constitutional measures should be adopted to build vitality and functional strength. An outdoor life, so far as possible, is recommended, though over-exertion should be avoided. Short of this, however, long walks and all general exercise will be of the greatest value. See Vol. V for detailed consideration of this subject.

MENTAL DERANGEMENTS.—See *Insanity*.

METASTASIS.—A change in the character of a disease or the shifting of its position from one part of the body to another. See general suggestions under *Complications*.

METRITIS.—(Inflammation of the Womb.) *Symptoms*. Like most other diseases of an inflammatory nature, metritis appears in two forms, acute and chronic, the acute form more often preceding the chronic.

Inflammation of the womb rarely occurs spontaneously. More often it is the result of miscarriage, or inflammatory disease of the vagina a painful and prolonged childbirth or follows some surgical operation on the sexual organs.

The symptoms indicating an acute attack are rise in temperature, a copious and purulent discharge from the vagina, severe abdominal pain and distention.

In the chronic form the aforementioned symptoms are present in a modified form whilst the temperature remains normal. Chronic metritis is usually the sequel to an acute attack, though it may also arise from sexual excess, displacement of the womb, or diseases of the kidneys and bladder.

Endometritis is inflammation of the membrane lining the womb.

Treatment. If an acute attack of either disease is treated promptly you can rest assured of an early recovery. It is improper treatment that usually causes this complaint to assume chronic characteristics. The treatment of the acute and the chronic symptoms differ. In the case of the latter the cure depends upon the purification of the blood; local stimulation through hydropathic and other methods and thorough cleanliness of the affected parts. In treating the acute

symptoms, every possible means should be used for stimulating the activity of the depurating organs with a view to eliminating the poison and effete material that is seeking an outlet through the affected organ.

In treating an acute case, I would advise that Fasting Regimen No. 2 be adhered to. It might be well to continue this regimen for from seven to fifteen days, though in some instances, three or four days will be all that is necessary. Follow with a breaking-fast regimen adapted to the length of the fast. If the weight is normal or above normal, a milk diet is not desirable, but if there is any indication of assimilative disorder the milk diet would be of special value. However, if two or three days after the breaking of the fast, there are not decided signs of recovery it would be well to use Fruit Diet No. 75 for three or four days, when Fruit Diet No. 78 could be taken for a similar period. Enemas may be used both during the fast and afterwards to insure perfect activity of the bowels.

Hot sitz baths are of especial value in this complaint. In some instances, hot and cold sitz baths are recommended, changing from one to the other in the morning and evening. This treatment with little or no change in your regimen, will often effect a cure. But if there is severe pain of any kind, it is better to avoid the cold sitz bath, confining yourself to the hot bath. Hot hip packs can be used in some cases.

Physcultopathic Treatments D and E can be taken daily. Douches are of value, and should be taken once or twice daily, while the acute symptoms continue. As a rule, it is better for the water to be as hot as can be comfortably borne.

The treatment of the chronic form of this disease as previously stated, consists in increasing the general vitality. I would advise that Fasting Regimen No. 2, be followed from two to five days, if the patient is thin. If the weight is normal or above normal, the fast could be continued for a longer period. Use the breaking-fast regimen adapted to the length of the fast. The diet followed thereafter, is not of very great moment, provided that it consists of wholesome articles of

food and insures proper activity of the alimentary canal. If the assimilation is especially good, Cereal Diet No. 81 or No. 83 could be taken. Salad Diets No. 84 and No. 86 would also be of value.

As a rule, a douche is not advisable, yet it might be used every three or four days for purposes of cleanliness. However, the physiological changes which are necessary to cure this disease must take place in the blood. When the vital fluid is freed from effete material, the inflammation associated with this trouble will soon disappear. In all cases, select from the general vitality-building regimens, exercises adapted to your strength and follow them day by day. Physcultopathic Treatments F and G are of special value. Walking and light outdoor recreation and even work will hasten recovery. The treatment of endometritis, or inflammation of the membrane lining the womb should be identical with that above described.

MICROMELIA.—*Symptoms.* A comparatively rare deformity which develops in children of tender years, the chief characteristic of which is lack of growth and shortness in the lower limbs. In some cases this constriction affects both the arms and legs, but more often the latter. In addition to the bodily deformity, the skull is of abnormal size, whilst the nose is of a pronounced snub variety owing to a depression of its bridge. There is no impairment of the mental faculties during early years but both mental and physical powers generally fail between twenty-five and forty years of age, preceded by paralysis of the lower limbs.

Treatment. This disease, is usually believed to be incurable. I think, however, that the adoption of the principles that we advocate for adding to the vitality would often effect a change for the better in a victim of this malady. If such methods were adopted early in childhood the deformity that is characteristic of the disease would probably disappear.

No special regimen can be recommended, though Fasting Regimen No. 2, followed by an exclusive milk diet, would bring about changes for the better provided that these were possible.

An active outdoor life is recommended above all things and in the case of a child, active play is to be encouraged, even if he is kept out of school in order to provide for his best physica condition and development.

MIGRAINE.—*Symptoms.* A severe form of headache which recurs with regular frequency and is generally confined to one side of the face. The attack usually lasts a few hours and ends with a vomiting spell. Unlike the ordinary headache which precedes or is an accompaniment of most disorders of the digestive tract, migraine begins from no apparent cause or for the most trivial of reasons. Though a patient may have suffered from recurrent attacks for twenty or thirty years, experience proves that a few months of vigorous constitutional measures are usually followed by a cure.

Treatment. The cure of this disease depends entirely upon constitutional up-building. The patient must adopt means for adding to the vital strength of the body. The stomach and digestive tract must receive special attention. In inaugurating the treatment Fasting Regimen No. 2 could be adhered to for a long or a short period, depending on the vitality and weight of the patient. A milk diet is also of value in this disease. It adds to the vigor of the stomach and alimentary canal, and assists in the blood-purifying process. If the patient is overweight, Limited Diet No. 20 or 25 could be taken for a short period. Enemas should be used during the fast when there is even the slightest tendency towards constipation.

It is also of special importance to select a vitality-building regimen adapted to your strength and carefully and persistently follow out the instructions outlined therein. Long walks and exercises of all kinds add to the general strength.

Physcultopathic Treatment F or G can be recommended and should be used every day. If the patient is very vigorous, Physcultopathic Movements M and N may also be taken daily, the M series in the morning and the N series in the evening.

In treating this complaint, you must be satisfied with slow progress. It may take several months, or even years, to re-

move all signs of the disease, if it has persisted for a long period. But a religious observance of the treatment suggested will invariably bring about a recovery.

MILK LEG.—See *Puerperal Fever.*

MISCARRIAGE OR ABORTION.—*Symptoms.* The premature expulsion of the fetus from the womb any time prior to six months of gestation. It may be produced by a variety of diseases and reflex influences, emotional disturbances, the action of various drugs, diseased conditions of the uterus and displacements of that organ, or of diseases of the fetus itself, its membranes or the placenta.

Some authorities give the name of abortion to an expulsion of the fetus within three months of conception, and when such expulsion takes place after that period and before the fetus shows any signs of viability (which means ability to live, if born, even prematurely) they term it miscarriage. In addition to the causes already given, corsets, high heels, and many follies and vices of modern society, are contributory to this modern curse.

Treatment. That there are conditions that make miscarriages more or less inevitable is admitted, but these conditions could be greatly diminished or dismissed altogether by women if there was that general observance of the laws of hygiene that is demanded by the well-being of the individual and the country.

The appearance of symptoms that indicate a threatened miscarriage can, in many instances, be relieved by hydropathic treatment. Thus, cold sitz baths, if the patient is fairly strong and readily recuperates therefrom, are of great value. Cold hip packs could be used if she is not especially strong. Neutral baths of from twenty to thirty minutes' duration will in some cases bring about a satisfactory change for the better. It will be necessary for the patient to remain as quiet as possible until the symptoms disappear.

If the miscarriage takes place, however, the treatment must be to the end of purifying the blood-stream. When this has been accomplished no disturbing symptoms will develop, pro-

vided, that all foreign elements have been removed from the uterus. Where such elements are retained there is danger, and in some instances, surgery may be necessary in order to effect a cure. But in the majority of instances the adoption of hydropathic treatments, with a view to accelerating the general health and toning up the pelvic organs will bring about the desired results.

In some instances an alternate hot and cold sitz bath will be advantageous. The treatments should be given twice a day, for the purpose of inducing local stimulation.

The free drinking of water is especially recommended, and enemas also, where the bowels are not moving with satisfactory regularity. Following the fast, an exclusive milk diet, beginning with a moderate quantity of the liquid is most valuable.

Physcultopathic Treatments A and B should be given where the patient is weak, and C and D when strength is gained.

MONOMANIA.—Mania or madness characterized by a single delusion or form of delusion. See *Insanity*.

MONOPLEGIA.—Paralysis of a single member, muscle, or group of muscles. See *Paralysis*.

MOLE.—A small pigmented spot on the skin, or harmless growth of a pigmentary deposit. They may be given the same treatment as *Warts,* which see.

MOUTH, INFLAMMATION OF.—(Stomatitis.) *Symptoms.* Stomatitis is an inflammatory condition of the mucous membrane of the mouth usually due to digestive troubles, decaying teeth, the neglect of the toothbrush, or particles of food decomposing within or between the cavities of the teeth. The disease commences with a sensation of soreness, the gums swell and bleed, the teeth become loose, blisters appear on the gums and palate which exude a malodorous, sticky discharge and break into ulcers. When neglected, gangrene of the tongue and lips, and necrosis of the bone have been known to occur.

Treatment. The treatment of this disease should begin with Fasting Regimen No. 3 to be adhered to as long as the patient can continue it without exhibiting signs of weakness.

Breaking-fast regimen, adapted to the length of the fast, can then follow, and the exclusive milk diet is especially recommended. If for any reason this latter diet is found to be impracticable then Combination Milk Diet No. 53 or 56 could be used. Enemas should be used in beginning the treatment and thereafter as often as necessary.

A cold sheet pack should be taken daily, together with Physcultopahtic Treatment F or G. Also select a vitality-building regimen adapted to the patient's strength, and faithfully follow the instructions given therein.

MOUTH BREATHING.—This is not only an unsightly and unhealthful habit in any case, but is often a symptom of serious defect or disease of the nasal passages. In small children where it is persistent adenoids may be the cause. These should be removed by some competent hand. Any cold or catarrh, giving rise to a hypertrophic or swollen condition of the nasal passages may cause a tendency toward mouth breathing, but this should be stubbornly and persistently resisted. By keeping the mouth shut and depending upon nasal breathing only, also striving to keep the passages clear, a return to normal breathing will be more quickly accomplished.



Characteristic expression of victims of mouth breathing.

Aside from being a symptom of disease of this type, mouth breathing is the inducing cause or a contributory cause of a variety of diseases of the respiratory tract. Bronchial and lung troubles are contracted much more easily when there is dryness and irritation of the lungs, bronchial tubes, and mucous surfaces of

the larynx and pharynx due to the inhalation of air not filtered, so to speak, but inhaled through the mouth. Mouth breathing may be resorted to in the emergencies of violent physical exercise, such as in prolonged or very fast running, but under ordinary circumstances nasal breathing only should be permitted.

During waking hours children may be so reminded of the importance of keeping their mouths closed that they will not voluntarily fall into this error. Where there is a tendency to breathe through the open mouth during sleep, it is a simple matter to correct it by the use of bandages placed under the chin and up over the top of the head, which will keep the mouth securely closed. See *Nasal Defects and Diseases* in this volume; also ***Respiratory System,*** Chapter VIII, Volume I; and Volume II, page 624.

MUCOUS COLIC.—(Membranous Colitis.) An affection of the intestinal tract, painless in nature, characterized by the discharge of rope-like lengths of viscid mucus varying in size from a few inches to a foot or more. This discharge is likely to appear in cases of chronic constipation. In rare instances there is slight pain during the period of elimination when the discharge is copious, after which some internal soreness and discomfort is experienced for a short period. The disease usually occurs in very nervous subjects.

Treatment. There is no more effective method of bringing about a speedy cure than by fasting. The alimentary tract is in need of a rest when symptoms of this malady appear. I therefore advise Fasting Regimen No. 1 for one day, after which Fasting Regimen No. 2 should be adhered to as long as the patient can endure it without showing signs of weakness. In other words, as long as the patient is able to be up and around, he should continue to fast.

Although a two or three day abstinence from food would be of some benefit yet the fast should, if possible, be continued from twenty to thirty days. Then use the breaking-fast regimen adapted to your strength and adhere to the instructions given therein. The exclusive milk diet is excellent in cases of

this disease, or I would suggest Exclusive Meat Diet No. 103 105 or 107, to be followed one or two weeks, after which Raw Diet No. 81 or No. 83 could be used, followed with No. 86 and 87 for a few days. Thereafter, almost any food of a wholesome sort may be used.

Physcultopathic Treatments F and G would be of especial value for stimulating the bodily activities. Abdominal packs at body heat, should be applied before retiring and allowed to remain in position all night, or until dry. These packs may be applied cold if the body readily recuperates from their use.

If the patient is especially strong, Physcultopathic Movements M could be taken in the morning on rising and N in the evening before retiring.

With the gain of strength the amount of exercise should be increased in connection with a general vitality-building regimen. Long walks are especially to be recommended when the patient can take them.

A vitality-building regimen, such as recommended in *Hypochondria,* would be especially valuable in this disease.

MUSCULAR ATROPHY.—*Symptoms.* A wasting disease of the muscles in which the parts affected become mere remnants of skin and bone. The disorder usually affects the limbs. Usually several members of a family are affected by the disease, showing that it depends on an inherited diminished vitality. Though local stimulation may afford some temporary benefit, for a permanent and radical cure to be effected, the blood-making processes must be improved. Also, increased activity of the eliminating organs is necessary.

Treatment. Local causes are of little or no importance in this disease. The treatment must be entirely constitutional and must be devoted to building a superior quality of blood. The patient should begin the treatment of this particular ailment with methods which affect the alimentary canal. Naturally, spinal stimulation, because of its influence upon the nervous system, will be of very great benefit, for one might say that after all the difficulty is partly due to lack of harmonious nerve adjustment.

One may begin the treatment of this disease with Fasting Regimen No. 2, to be adhered to for from five to ten days, Breaking-Fast Regimen No. 16 or No. 17 to be used thereafter. In this particular complaint an exclusive milk diet is absolutely essential in order to acquire rapid results, using Milk Diet No. 32 or No. 33. If it is impossible to adhere to this particular diet because of its inconvenience, then Milk Diet No. 36 could be used as a substitute. After a few weeks of this milk diet, Milk and Fruit Diet No. 43 or No. 46 could be used, thereafter trying some of the combination milk diets which might appeal to the appetite. For instance, Combination Milk Diet No. 48, 62 or 69 could be given a trial. It may be necessary in some instances to adhere to these milk regimens for several months, and in fact, very great care must be used in going back to the ordinary diet. In nearly all cases of this disease there is a decided inclination towards over-eating and this must be carefully avoided. Constipation or any tendency in that direction should have careful attention, for activity of the bowels is absolutely imperative.



Wasted appearance characteristic of muscular atrophy of arms and upper body.

Physcultopathic Treatments F and G could be taken with very great advantage. Exercises of various kinds that would stimulate the secretory system and add to the general vitality are emphatically recommended. Physcultopathic Movements M and N would be of special value—for instance, the M series in the morning and the N series in the evening. Walking, deep breathing and all the various exercises that would be inclined to stimulate functional activity should be taken with persistent regularity. Excesses of all kinds also conditions tending to affect the nerves must be strictly avoided

Devote your entire energies to the one object of building the general health to the highest possible degree, by regimens adapted to your case.

The only local aids that could be recommended would be the kneading of the affected parts for the purpose of stimulating the circulation, and also the use of the affected muscles to the point of fatigue each day, in the manner recommended in Mechanical Physcultopathy. See Vol. III, pp. 1513-1600. Carefully read the chapter on this mode of treatment and select those movements illustrated therein which will actively stimulate the tissues of the affected parts.

You must not expect very rapid results in the treatment of this ailment. As a rule you will notice a material change for the better in three or four weeks, though thereafter changes in the condition will perhaps be very slow, but ultimate recovery will ensue when the patient follows the instructions given herein. A slight attack can often be cured in a few months, though a chronic case may take years to bring about a radical and complete recovery. In some few instances the waste of tissue cannot be entirely replaced even though the active symptoms of the disease will have entirely disappeared.



Appearance in right-sided muscular atrophy of the face.

MUMPS.—*Symptoms.* An inflammatory swelling of the parotid or salivary glands, which appears principally in children. The disease is infectious and is characterized by the development of large soft swellings extending downward from the ear to the throat and across the side of the face to

the eyebrow. As a rule the ailment, after a week or ten days, terminates without suppurative discharge. There is but little pain attached to the malady excepting when the facial muscles are moved or an attempt is made to swallow food. Where mumps is a complication of typhoid, smallpox or other diseases violent throbbing and aching pains arise, suppuration follows and at the termination of the attack, the hearing is often found to be defective.

The disease is rarely met with in children under seven years of age, although its victims seem to be more susceptible to an attack in early youth than in later years.

The development of severe complications of mumps results largely from improper treatment. For instance, abscesses, or the inflammation of the breasts or the generative organs in the female or male, rarely appear unless an improper method of treating this complaint be followed. The symptoms are the result, not only of the ordinary medical remedies, but of the usual feeding process, which makes this disease severe and dangerous. In fact, the cause of the disease is—to a very great extent—improper diet. Over-feeding unquestionably makes this disease possible. Lack of exercise, breathing confined air—in fact any influence that tends to lessen the vitality of the patient, and burden the system with impurities, also produce a condition that renders one susceptible to the complaint.



Swelling of throat in mumps. In severe cases, the area of swelling extends upward into cheeks to the level of eyes.

Treatment. No food of any kind, either liquid or solid, should be given the patient. An absolute fast must be maintained. Remember that food will actually feed the disease—make it more severe and more dangerous. Assist the process of cleansing the alimentary canal

therefore by fasting and the free drinking of water. If there is a high fever the water can be taken cold; if otherwise, it should be used as hot as the patient can drink it, and in both cases in large quantities. If constipation is present an enema or some harmless laxative must be used. As a rule, the drinking of large quantities of water will induce bowel movement, especially if half a teaspoonful of ordinary table salt is mixed with a glass of water and taken early in the treatment. If a fever is present, cold wet cloths should be applied to the swollen jaws, and these should be changed as soon as they become warm. If no fever is present hot cloths should be applied. In case there is inflammation of the generative organs, in the male or the female, cold sitz baths should be taken two or three times daily. If there is little or no fever, hot sitz baths should be taken.

If this treatment is followed when the first symptoms of soreness in the glands appear, and is rigidly adhered to, the disease will rarely develop to a complete stage.

The fast should be followed by Milk Diet No. 32, though later, if preferred, sumik may be substituted. The use of enemas will hasten the curative process.

Cold abdominal packs are of especial value when taken at night on retiring. If any pain is felt around the neck, a cold pack should be used there also.

Myelitis.—See *Bone, Diseases of.*

Myocarditis.—Inflammation of the muscular tissue of the heart. See treatment for *Heart, Diseases of.*

Myopia.—Near-sightedness. See *Sight, Disturbances of.*

Myositis.—Inflammation of muscular tissue, or of its connective tissues. See *Inflammation.*

Myxedema.—See *Thyroid Gland, Diseases of.*

Nails, Diseases of.—*Ingrowing Nails* represent the most common form of disorders of these parts and in the case of the toes are frequently the result of wearing tight shoes, which cause the side edges of the nails to press deep into the tissues. They may be very painful.

Onychia is an acute inflammation of the matrix of the nail

attended with much pain and more or less ulceration, followed by the rotting and crumbling of the nail at its root.

Paronychia. (Felon or Whitlow.) This is an acute inflammation of the tissues around the matrix of the nail, and not a disease of the nail itself. (See *Whitlow.*)

Onychia is usually of syphilitic origin and treatment will necessarily involve attention to the primary disease. Local treatment with hot water and moist dressings is also recommended; in some cases a mild antiseptic lotion may be used with advantage. In many cases the entire nail should be removed and opportunity given for a new nail to grow.

Treatment. The first step in the treatment of ingrowing nails is removal of the cause. In the case of trouble with the toe nails, this will require the use of properly fitting shoes giving the toes plenty of space. Ordinarily it will be sufficient to trim the front edges of the nail and scrape the surface of the center of the back with the edge of a broken piece of glass or a knife, until the thinness of the the nail at that point will cause the side edges to curl upward. This will also tend to the secretion of more horny matter at the center of the nail and consequently less of it at the sides. Accumulated cuticle underneath the ingrowing edges should also be removed. In extremely serious cases, it may be necessary to have expert attention, including the removal of the edges of the nail by surgical means.

In a general way, the condition of the nails depends upon that of the general health and state of the blood. Constitutional deficiencies are often manifested by an insufficient formation of the horny matter.

NASAL DEFECTS AND DISEASES.—*Symptoms.* The nasal passages are subject to a variety of affections of which the most common are abnormal growths of the adenoid ("gland-like") tissue of the naso-pharynx known as

Adenoids. These growths are most frequently observed in young people. The first symptom of an adenoid is- sleeping with the mouth open and inability to breathe through the nose during slumber. As the growth enlarges

nasal breathing becomes increasingly difficult until respiration takes place wholly through the mouth. The consequence is that the throat and bronchial tubes suffer from excessive dryness and become a prey to other diseases, while the closing of the nasal passage impairs the middle-ear, giving rise to deafness and other aural troubles.

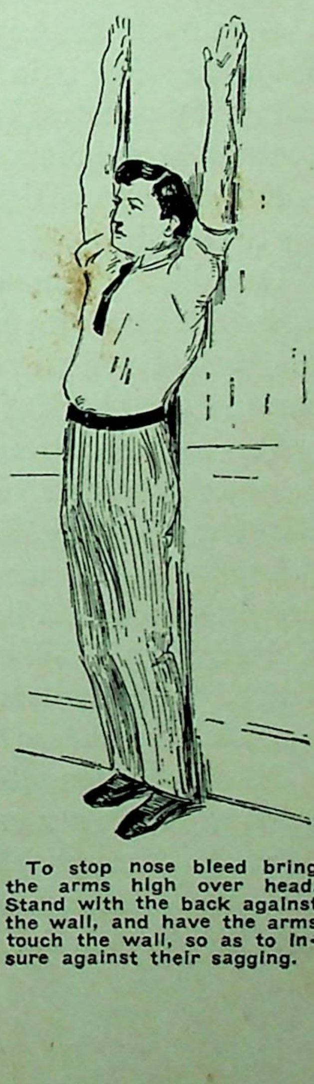
Nasal Polypus. A growth within the nasal passage, the symptoms of which are identical with those of adenoids, except that small tumorous growths appear, in place of the enlarged nasal tonsil. As these polypi usually appear after nasal catarrh or inflammation of the nasal passages, they are always accompanied by a discharge from the nose and throat of purulent yellow mucus. In proportion to the size of the obstruction, the throat and bronchi are affected; the voice becomes permanently thick and there is constant snuffling.

Nose Bleeding. The most common of all forms of internal hemorrhage, arising from too high a blood pressure coupled with other constitutional defects. Anemic children or adults who suffer from heart disease are liable to this disturbance.

Nasal Catarrh. See *Nose, Catarrh of.* See also *Ozena.*

Treatment. In some instances it will be necessary to resort to surgical methods to affect a cure of the ailment. But if adenoids are treated in accordance with the instructions given for catarrh, you can depend upon a recovery without operation.

You will, therefore, note that they must be treated as a constitutional difficulty and though recovery may sometimes be slow yet an adherence to the



To stop nose bleed bring the arms high over head. Stand with the back against the wall, and have the arms touch the wall, so as to insure against their sagging.

regimen that adds to the richness and vitality of the blood will assuredly bring about the desired benefit.

The foregoing statements apply also to nasal polypus. It may be that surgery is more frequently necessary in connection with this malady than in the case of adenoids, but I would not advise a resort to it until all natural methods have failed. Adenoids and nasal polypus must be treated as true blood troubles. The surgeon's knife may bring temporary relief but cannot furnish a permanent cure.

There are various means of remedying bleeding of the nose. One of the quickest and most effective is to stand with your back against the wall and with the hands against it, reach as high over your head as possible. This will usually relieve the blood pressure and the hemorrhage soon ceases.

A cold wet cloth placed around the neck is also excellent. If the bleeding is in the soft parts of the nose, it may be stopped by pressure but if in the bony structure of the organ it cannot be so influenced.

Drawing up cold salt water into the nose will sometimes stop the bleeding.

Or take a recumbent position flat on the back, apply cold water or ice above the nose and back of the ears. In some cases plug the nostrils, press on the large artery of the temple and throw the head back. Breathe quietly.

Persons with a transparent skin, thin nostrils and sandy hair are especially liable to nose bleed. Or the tendency may be indicative of a devitalized condition, though in many instances it simply suggests a surplus supply of blood. Where one is very full-blooded, it is of decided advantage to allow the nose to bleed freely. Where there are any symptoms of vital depletion, however, it is advisable to stop the bleeding as soon as possible. See also Vol. III, p. 1672.

NAUSEA.—Sensation of sickness at the stomach, with inclination to vomit, a symptom in many fevers and diseases. See *Stomach, Diseases of,* also *Vomiting.*

NAVEL DISEASES.—Symptoms. In young children and infants the navel is liable to various disorders.

Navel Inflammation is brought about by lack of cleanliness or irritation due to the ill health of the child.

Hemorrhage from the Navel occasionally occurs in the case of infants who bleed in other parts of the body—including the mouth and anus.

Umbilical Rupture or *Hernia* is liable to take place within a few weeks after birth when disorders of the alimentary tract produce a distended condition of the small intestine. The umbilical ring first expands and this forms a pouch into which one of the folds of the small intestine is forced.

Treatment. Cleanliness of the navel, using hot water and soap at least once a day, will usually cure a case of inflammation in a very short time.

Hemorrhage of the navel can be stopped by applying cold water or cold wet cloths.

Rupture of the navel requires the use of a support which may take the form of a large button or any article of a similar shape that will keep the intestine from protruding. Where the rupture is very large, it may be necessary to have a specially made truss. Or the trouble may be remedied by the use of a piece of broad adhesive plaster. This is applied first on one side, and then, after reducing the rupture thoroughly, the skin on the other side is stretched towards the navel before applying the other half of the adhesive tape on that side.

Coincidently, attention should be given to the diet of the little patient, he should be regularly bathed and gently exercised, and care should be taken that his garments are such that they do not aggravate the trouble.

As soon as the child is old enough to take exercise in any form, he should be encouraged in various special movements that develop the muscles of the abdominal region. This will not only help to remedy the immediate trouble, but will prevent any recurrence of the difficulty. (See also *Rupture.*)

NEOPLASM.—See *Tumor.*

NEPHRITIS.—See *Kidneys, Diseases of.*

NERVES, DISEASES OF.—See *Neurasthenia, Neuralgia, Neuritis, Lumbago, Sciatica,* etc.

NERVOUS DEBILITY.—See *Neurasthenia.*

NETTLE RASH.—See *Hives.*

NEURALGIA.—*Symptoms.* A violent and acute pain along the course of a sensory nerve, more or less spasmodic in character, not accompanied by any symptoms of inflammation of the nerve itself. Though neuralgic pains are often a complication of diseases, and may appear in all parts of the body. They occur most often in the region of the forehead, face and chest.

It is well here to draw attention to the folly of seeking a remedy for neuralgia in the use of any drugs or opiates. It is true the disease is often palliated in this way; but the result of such a method may show itself in later years by an attack of facial paralysis.

Treatment. Neuralgia is beyond all question distinctly a disease of the blood and can only be treated through the purification of the life stream. In nearly every instance a fast and the free drinking of water if continued from one to three days, will effect a cure. However, where the attacks recur at frequent intervals, the cure of one attack will not free the patient from future trouble. It is necessary, therefore, to persistently follow a method of constitutional up-building.

In the treatment of an acute attack, I would first of all advise Fasting Regimen No. 3, to be adhered to as long as the symptoms continue. The only allowable deviation from this fast would be—where there is a strong craving for acid fruits—oranges or lemons in limited quantities. As the acute symptoms of the disease disappear, Limited Diet No. 20 can be used for a day or two, after which take Limited Diet No. 27 or No. 28 for a few days, following which your ordinary diet may be adopted, but use great care to avoid over-eating.

Physcultopathic Treatments D and E will be found of value, and, as the symptoms of the complaint subside, F and G will prove to be most beneficial. Very often Treatment F will almost immediately eliminate all symptoms of the disease, provided that the patient is strong enough to take the exercises outlined therein. The only local treatment of any value is the

application of hot fomentations to the painful parts, though these may be followed or interrupted by very brief applications of cold water.

Where there are indications of constipation, a full enema is advised when beginning the treatment, and a small enema each day while the acute symptoms persist.

Hot abdominal packs are sometimes used. They are best applied at night and allowed to remain until dry, or until morning, provided the patient sleeps well. If the patient is at all feverish, these packs should be given cold.

The constitutional treatment includes a vitality-building regimen adapted to your needs, and the adherence to a diet that previous experience has indicated will agree with you. Air baths and sun baths are of value because of their tonic effect upon the entire nervous system.

Exercises of all kinds adapted to your strength will greatly assist in effecting a cure.

NEURASTHENIA.—*Symptoms.* Neurasthenia is the name given to a group of symptoms due to debility or exhaustion of the nerve centers, which symptoms may, in turn, be referred to several causes, including excesses of any kind, failure to observe dietetic or hygienic laws and so forth. The victims exhibit lack of energy, liability to fatigue, a sense of fulness at the top of the head, pain in the back, impaired memory, bloating after meals, indigestion, constipation, impotence in the male, retention or excess of the menses in the female, dread of the future and the "horrors." No small proportion of the inmates of insane asylums are recruited from the ranks of the neurasthenics.

Treatment. This disease is sometimes hard to cure because it is often as much mental as it is physical. The main difficulty in bringing about a recovery is due to the fact that you have, as a preliminary, to persuade the patient to assume a hopeful frame of mind. The sufferer usually looks upon his case as incurable. He is hopeless and despondent; he has to be roused by drastic methods that generally take the form of a plea to his physical personality. The result is a training

process that develops him muscularly as well as mentally. In fact, the patient must be put through a course that will as nearly as possible, turn him into an athlete. I have seen hundreds of cases of neurasthenia cured by these methods. An occasional failure was due to the patient neglecting to follow instructions faithfully. I feel satisfied that such a course is the only means by which the disease can be permanently cured.


Young man suffering from neurasthenia, general debility and extreme emaciation.

One of my first patients suffering from neurasthenia was, like all his fellow victims, of the opinion that he was past hope, and daily he had to be assured that he would positively recover—this in order to induce that activity on his part which is an essential of the treatment. The recovery took place in due course, and as showing the remarkable change effected in the man, may be cited the fact that he, at the end of his treatment, took to long walks, covering a distance of many miles daily. After remaining under my care for a little over four months he

walked home, a distance of eighty miles, in two days, consuming twenty-four hours actual walking time in so doing. The remarkable physiological change for the better that was wrought in his case will be obvious.

Now, I am convinced that similar changes can be made in the case of nearly every patient suffering from this complaint. While, as has been said, the symptoms always include mental disturbances, yet the root of the evil is to be found in the polluted blood supply; hence it is an alimentary difficulty. The poisons in the blood that should have been eliminated by the excretory organs, are carried to all parts of the body, eliminating the energy, drugging the brain and destroying the energy and enthusiasm associated with perfect health.



Young man shown in photograph on opposite page after treatment by constitutional measures.

For the treatment of this disease I consider fasting to be of the greatest value. Where the weight is normal or above normal, the

fasting process may be continued for a considerable period. Where the weight is below normal, from three to five days will probably be sufficient. This period can be extended as long as the patient is capable of physical activity.

I would therefore advise Fasting Regimen No. 2 to be used as long as the strength and vitality of the patient, warrant. breaking-fast regimen in accordance with the length of the fast should be subsequently adopted. In nearly all cases of neurasthenia, a milk diet can be taken with benefit, especially if the patient is under weight. If the weight is normal or above normal, a few days of milk diet can be followed by a limited diet. Over-eating is a fault common to all neurasthenics. Therefore, when the milk diet is needed, the patient should only take that amount of food which will maintain his weight and strength. I would advise Limited Diet No. 22, 24, or 27, allowing the appetite to dictate which of these is most desirable. The chosen diet should be followed for at least one day, and the only allowable exception to this rule is the drinking of large quantities of milk where increased weight is necessary in order to add to the vitality. The various salad diets and raw diets can also be taken with benefit but the patient must use discretion in so doing. In many cases it will be necessary to use enemas and adopt other measures for relieving constipation. (See *Constipation.*)

It is of the utmost importance that the nervous system be stimulated to the greatest possible extent. For this purpose Physcultopathic Treatments F and G are especially recommended. Where the patient is physically strong, a great deal of exercise at all times is advised. When on the milk diet, however, such exercise should be taken in the morning before beginning the use of the milk. Walking and deep breathing are of especial value. Running is advised where the patient has sufficient strength to undertake it. Physcultopathic Treatments J, K, L, M and N can also be used where the strength indicates their need, though the patient should not take more than one series of movements at any one time. A general vitality-building regimen should be selected

(see Vol. III, p. 1791-97) that is adapted to the strength of the patient and the instructions found therein followed with daily faithfulness.

When not on the milk diet cold water bathing, suited to the recuperative power of each individual patient, will be found of incalculable value as a means of building up nervous vigor, air baths and sun baths likewise having a splendid tonic effect upon the nervous system. The daily neutral baths (95 degrees to 98 degrees F.), usually advised in connection with the milk diet, may in some cases be used at any other time because of their soothing and sedative effect, though a quick cold douche or affusion to the spine may be used immediately after when not on the milk diet.

In this disease a slow recovery is the rule. A slight change for the better within a month or two is all that usually can be expected; yet definite and complete cures have been obtained in three or four months, while in other cases, three or four years are required to bring about satisfactory results. If one will make consistent efforts, a vigorous muscular system, the strength of the internal organs and the quality of the blood will be so changed for the better, that recovery sooner or later, may surely be anticipated.

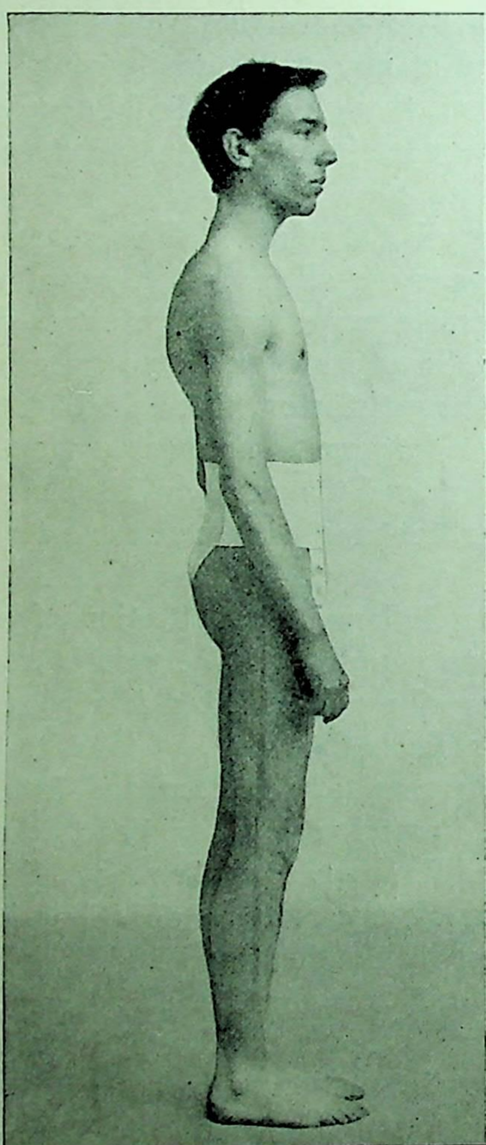
NEURITIS.—*Symptoms.* An inflammatory affection of a nerve, similar in its symptoms to neuralgia. The pain is extremely violent, especially when the part affected is subject to movement. As a rule neuralgia is the term applied to an inflammatory condition of the nerves of the head and face, neuritis to those of the arms and costal regions, sciatica to the main trunk nerve of the leg, and lumbago to the nerves of the lumbar regions. The cause of all these nerve affections is identical—impurities circulating within the blood and lymph streams. The remedy is therefore the same in each instance.

Multiple Neuritis is inflammation of a number of nerves, and is attended by symptoms of pain, numbness, loss of muscular control, and sometimes muscular atrophy, and mental symptoms. It is the direct result of the presence of poisons in the blood, sometimes following upon attacks of malaria, diphtheria,

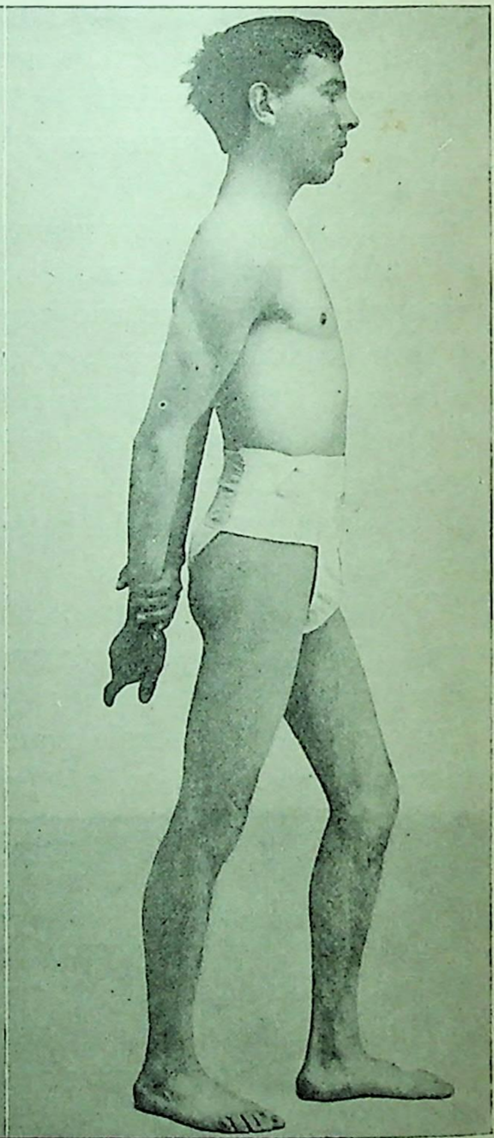
syphilis, rheumatism or some other disease, or cases of poisoning through lead, arsenic, alcoholism, etc. The inflammation is most intense at the extremities of the nerves.

Beri-beri is regarded by many as an epidemic form of multiple neuritis, but it is worthy of consideration as a distinct disease. (See *Beri-beri*.)

Treatment. In the treatment of an acute attack of



Photograph depicts physical condition of a sufferer from nervous debility of several years' standing.



This photograph shows the same patient after six weeks of drugless treatment.

neuritis, the same methods advocated for the treatment of neuralgia can be followed with assured benefit.

The treatment of chronic neuritis should begin with Fasting Regimen No. 2, to be continued as long as patient's strength and vitality will allow. Where the patient is underweight, the period of the fast should not be more than three to seven days. Where the patient is normal or above normal in weight, the fast can be continued from ten to thirty days. The purification of the blood stream—which is most essential in the treatment of this ailment—will proceed more quickly if the fast is continued for a fairly long period.

Use a breaking-fast regimen adapted to the length of the fast, and the milk diet for at least a few weeks, is especially recommended. It is most valuable where one is below normal weight or where there are indications of assimilative disorder. Where it is impossible to follow the milk diet in detail as outlined in breaking-fast regimen, then Milk Diet No. 36 could be used. After following this for some time, then Milk and Fruit Diet No. 43, 46 or 47 could be taken in accordance with the appetite. Following which, choose such combination milk diets as you may fancy. It will not make a great deal of difference which of these diets is adopted provided it pleases your palate. Where the patient is of normal or above normal weight, Limited Diets Nos. 25, 27 and 30 can be used, remembering that the less you eat and still maintain your weight, strength and endurance, the more quickly you can expect to recover. Where one eats beyond his digestive capacity much of the surplus bodily energy is employed in ridding the system of this over-supply, while the energy which is required to carry on the normal functional processes is depleted. Naturally, a disease like neuritis becomes far more difficult to cure under such circumstances. Activity of the bowels is absolutely necessary and should be insured by the use of enemas not only during the fast advised, but whenever necessary thereafter.

If the patient is not weak, abdominal packs could be used at night on retiring. A hot pack could be given if the patient is chilly, and a cold pack otherwise. If the patient is strong,

Physcultopathic Movements M and N could be used, Series N in the morning and Series M at night. Physcultopathic Treatment F and Treatment G are especially recommended. Exercises that add to the general vitality are excellent. It is advisable to select a vitality-building regimen adapted to your strength and carefully and persistently adhere to it.

The treatment for multiple neuritis should be the same as for the simple form of neuritis.

NEUROSIS.—Any normal nervous action or disease of the nerves. (See *Nerves, Diseases of,* and *Occupation Neurosis.*)

NEVUS.—Discoloration or blemish of skin, of various kinds and from various causes, sometimes from dilated blood-vessels. (See also *Moles.*)

NIGHT SWEATS.—This is a frequent symptom in consumption and other constitutional depletions. They should be palliated by tepid baths, just before retiring, or a dry hot-air bath or a wet-sheet rub.

NIGHT-BLINDNESS.—See *Sight, Disturbances of.*

NIGHTMARE.—*Symptoms.* A sleep disturbance characterized by morbid and terrible dreams. The sleeper awakens with a violent start, often perspiring and gasping for breath, under the delusion that some frightful disaster is about to overwhelm him or her. Children who awaken during the course of the night with symptoms of fright and terror, should have particular attention paid to their evening meal both as regards quantity and kind.

Treatment. In nearly all cases the cause of this ailment is eating beyond the digestive capacity, especially at the evening meal, or the use of indigestible food. By simply lessening the quantity of food taken at the evening meal, and being very careful to see that it is of a nourishing character and includes no complicated dishes, one will avoid future attacks.

NOMA.—(Gangrenous Stomatitis.) See *Mouth, Inflammation of.*

NOSE BLEEDING.—See *Nasal Defects and Diseases.*

NOSE, POLYPUS OF.—See *Nasal Defects and Diseases.*

Nose, Catarrh of the.—This disease might be termed a universal disorder. Everybody suffers from it occasionally during life, and there are thousands who become chronic victims.

Catarrh of the throat is usually an outcome of complication of nasal catarrh. The naso-pharynx, which is a small chamber, directly back of the *nares* or nostrils, is so situated that mucous discharges which fail to escape through the nostrils drop down and thus accumulate in the throat until expelled by coughing. In time this condition causes catarrh of the throat.

Catarrh of the nasal passages is indicated by the frequent necessity for clearing the nose. Catarrh of the throat is always accompanied by hacking, spitting, and coughing. These symptoms are usually more noticeable shortly after rising in the morning.

Catarrhal symptoms can develop in the mucous membrane of almost any part of the body. Catarrh is simply an effort on the part of the functional system to rid the blood of surplus impurities. The organs that generally throw off these impurities are overworked and unable to eliminate the surplus which accumulates. Some other channel must therefore be found for ridding the system of this effete matter.

While catarrh is not so prevalent in high, dry climates, it cannot by any means be maintained that a damp climate is the cause of it. The damp atmosphere may not admit of such free evaporation or perspiration as the dry, but one should forever eliminate from his mind the idea that climate is the cause of catarrh. The cause is within one's own control, and can be removed if one is willing to take the time and trouble.

The treatment of this ailment must of necessity be constitutional in nature, and it will be necessary at first to cleanse the body of impurities and awaken the depurating organs that they may more actively perform their functions, adopting, at the same time, all natural methods for building up general functional vigor. If subject to any injurious habits or conditions, they must be discontinued absolutely and at once.

The skin, lungs, kidneys and bowels are the great purifying

organs of the body, and methods must be adopted to help these organs to do their work. The use of proper foods and the free drinking of water should enable one to keep the bowels open and regular, but if any difficulty is experienced in this way, use enemas on a few occasions, two or three days apart, in beginning treatment.

Drink freely of pure water to insure activity of the kidneys. Distilled or other pure water should be kept constantly at hand, and you should try to drink a glassful on going to bed and on arising, and at frequent intervals during the day.

Active exercise is a very important factor in the treatment of this disease. It not only develops the external muscular system but strengthens the internal functional organs and stimulates the depurating processes of the body. Any system of movements that actively uses all the muscles of the body is satisfactory. Vigorous out-of-door sports and games are of the greatest value.

Long walks in the open air, with deep breathing exercises, are particularly beneficial in this trouble, and one should walk each day until slightly fatigued. Day by day, as the endurance improves, one should gradually increase the length of his walks until one is able to spend from two to five hours in the open air, engaged in this splendid exercise.

The necessity for pure air at all times cannot be too strongly emphasized. Live out-of-doors as much as possible, and be sure the living rooms are thoroughly ventilated. Open the windows wide at night, and at all times see that the air breathed is as pure as the outside atmosphere. Do not fear a draught, for it is only a current of air, and will ensure you a more plentiful supply of the life-giving oxygen. Breathe diaphragmatically, expanding first in the region of the abdomen and then gradually filling the entire chest.

Special attention must be given to the skin. The pores must be aroused to the greatest possible activity in eliminating impurities. The dry friction bath is invaluable for this purpose. (See Vol. III, p. 1439.) Following this, the skin is in a condition to recuperate readily from a cold water bath.

If you are especially vigorous you might use the cold sitz bath —immersing the hips in a tub of cold water, after which sponge the entire body, and finally rub thoroughly dry. If you are inclined to be full-blooded, it would be well to put on your underwear with the skin still wet, since this will greatly increase the activity of the pores. If you do not recuperate from a cold bath readily, use water of a warmer temperature, gradually accustoming yourself to the use of colder water.

Catarrh can be readily and quickly cured in many instances by giving all parts of the body free access to the outside air. Savages who go without clothing know nothing of the horrors of catarrh. The more clothing you wear the more inclination you will have towards catarrh. The ordinary habit of bundling up in the winter time is the most prolific cause of colds, and of the catarrh that frequently accompanies or follows them.

Do not use too much covering at night. Dress as lightly as is consistent with warmth. Linen or cotton under-garments are far better than woolen worn next to the skin. Take air baths at every opportunity, removing the clothing and walking about the room nude with the windows wide open. It will be of especial advantage if one can live in the country, or if one can walk without clothing in the open air and take sun baths at the same time. Air and sun baths possess a remarkably invigorating and tonic effect and should be of great assistance in effecting a cure.

A diet must be adopted of such quantity and quality as not to add to the impurities already seeking an outlet. The greatest care should be used not to over-eat. Thoroughly masticate every morsel of food. If you masticate properly and satisfy your thirst between meals, there should be but little desire for liquids during a meal. Live on pure unfermented juice—apple or grape—when treating the disease in its acute stages and in beginning treatment of the chronic symptoms for at least two to five days. In fact, it might be well to take a short fast at any time that one has no appetite. Following this an appetite will usually appear.

Meat should be used very sparingly, if at all, and it would

be far better to avoid it entirely in most cases if one can secure a proper variety of other food to insure proper nourishment. Ripe fruits, green salads, cereals and nuts are to be especially recommended. If nuts are thoroughly masticated, and eaten only at meal time, when the body is actually in need of food, one should have no trouble in digesting them. If cooked food is used, it would be of great advantage to use uncooked food with each meal. Follow the appetite as much as possible, providing the foods found most palatable are also wholesome and nutritious. Never eat anything repulsive to the taste, for enjoyment of food is essential to good digestion. Complicated fancy dishes, pastries and rich, super-cooked food should be avoided. Milk and eggs can be used sparingly if the appetite calls for them. If the patient feels a strong craving for meat, eggs can be used as a substitute, although beans and peas would prove of great value in this way. The influence of the mental attitude will be considerable.

In short, the sufferer from catarrh should follow a general vitality-building regimen (see Vol. III, p. 1791), always bearing in mind the detailed suggestions given here. In a very stubborn or serious case, fasting may be necessary to secure the most perfect results, and I would suggest either Fasting Regimen No. 2 or No. 7, preferably the latter in many cases, always adopting the appropriate breaking-fast regimen determined by the length of the fast. If it is desired to use a nasal spray or douche, plain salt water is the best thing for the purpose. Avoid medicated sprays, and above all things catarrhal salves or ointments. They often contain cocaine or opiates, cannot benefit the disease, and sometimes give rise to appalling drug habits. Physcultopathic Treatments A, B, D and H, directly affecting the cervical spine are especially recommended, though spinal stimulation in general, with Treatments G to N would be of advantage.

NOSTALGIA.—See *Homesickness.*

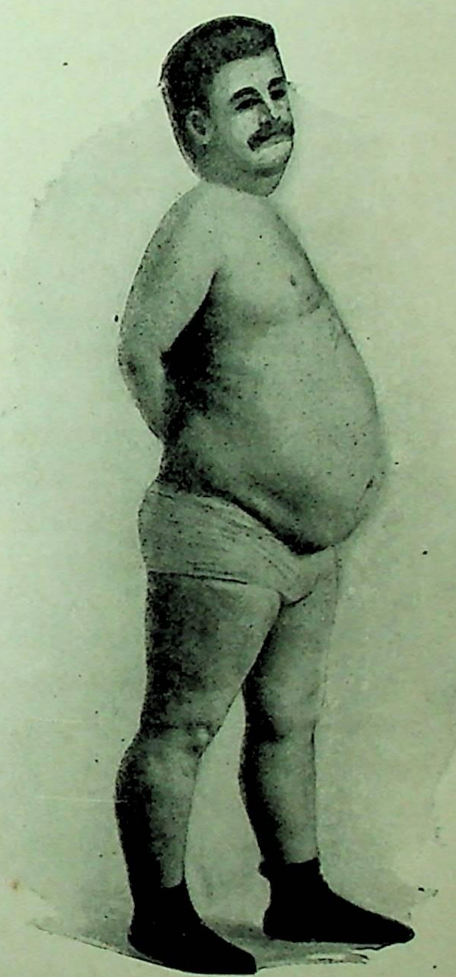
NUMBNESS.—See *Paralysis* for proper treatment.

NYMPHOMANIA.—See Vol. V.

OBESITY.—It is hardly necessary to define in detail the

symptoms of this complaint for they are familiar to everyone. When one acquires more tissue than one can comfortably carry, the result is obesity. The ability to "get fat," however, is not by any means a sign of disease; it is simply an indication of unusually strong assimilative organs. The remedy, therefore, for obesity is obvious—it is that you eat less. Fat means that you are eating more food than you need and the excess supply is being deposited in various parts of the body. The bear stuffs himself with food throughout the summer and so lays by enough fatty tissue to last him through his long hibernation during the winter. Persons suffering from obesity approximate the physical characteristics of the bear in their ability to store up surplus fat, while they do not have the prolonged fasting period of the animal to enable them to use up this surplus.

Treatment. One who desires to lessen his weight should begin with an absolute fast. Day by day the energy and general strength of the body will increase, while following this fast, which may seem strange but is readily explainable. When one is loaded down with energy-consuming adipose tissue it can be readily understood that when this tissue is used up, the energy of the body will materially increase. I have seen persons under treatment for obesity do feats of strength after twenty or thirty days of



Characteristic appearance of body in obesity. The subject was an athlete during his early manhood, to which is due the general development of the body, especially the limbs, evident despite the deforming adipose.

fasting that they could not possibly have performed previous to the fast. This is direct evidence that the fast brings distinct benefit.

One will naturally ask whether, after a fast the appetite does not become so keen, that the weight increases until it is far more than what it was previously. The reply is in the affirmative if the patient allows his appetite full sway. But it must be curbed or else an offsetting amount of exercises must be taken. It is far better, however, to check the appetite. Thus in indicating a treatment for obesity, I would recommend Limited Diet No. 20, 24 or 25. In the case of the patient having a prejudice against the complete fast, some one of the



The deposit of excess fat in this patient caused an effect of shapelessness. The subject was married, weighed 179 pounds, height 5 feet, ½ inch. Measurement at waist, corseted, was 32 inches, bust, 41 inches. Suffered from a complication of female trouble, abscess of kidneys and Bright's disease.

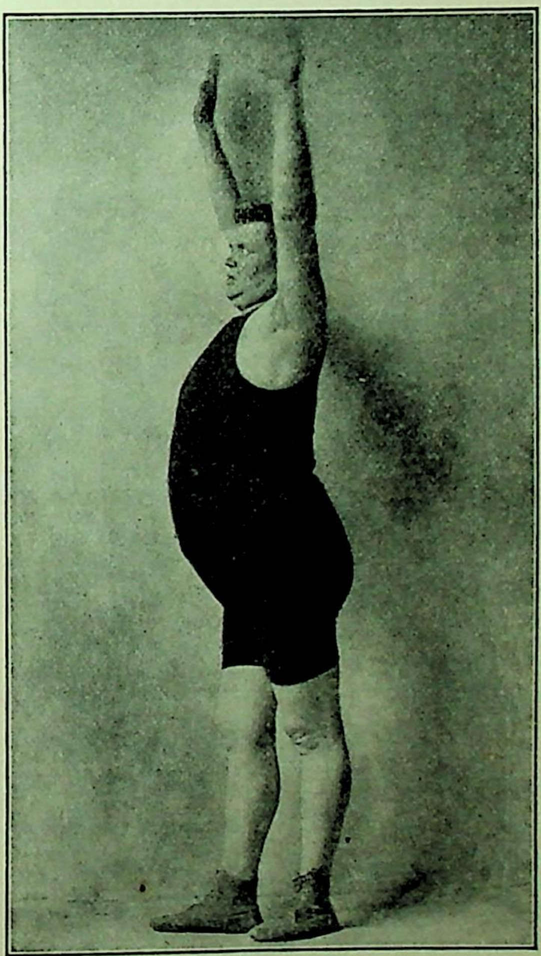


The same subject after a four months' course of exercise, exhibiting a remarkable improvement. The weight was reduced to 159 pounds, the contour of the body vastly improved and the facial expression bettered. Bust measured 38 inches and waist, uncorseted, 31½ inches.

partial-fasting regimens as, for instance, No. 10 or No. 11 could be recommended. The unpleasantness that is occasionally associated with fasting will not be noticed while taking a limited diet. You will sometimes find it more difficult to follow the limited diet than the complete fast, for eating a small quantity of food naturally arouses the appetite. Where such diet is composed mostly of milk or acid fruits this craving as a rule does not appear. While endeavoring to decrease weight only drink that amount of water which is intensely craved. Anything beyond this, will usually add to the difficulties of reducing your weight.

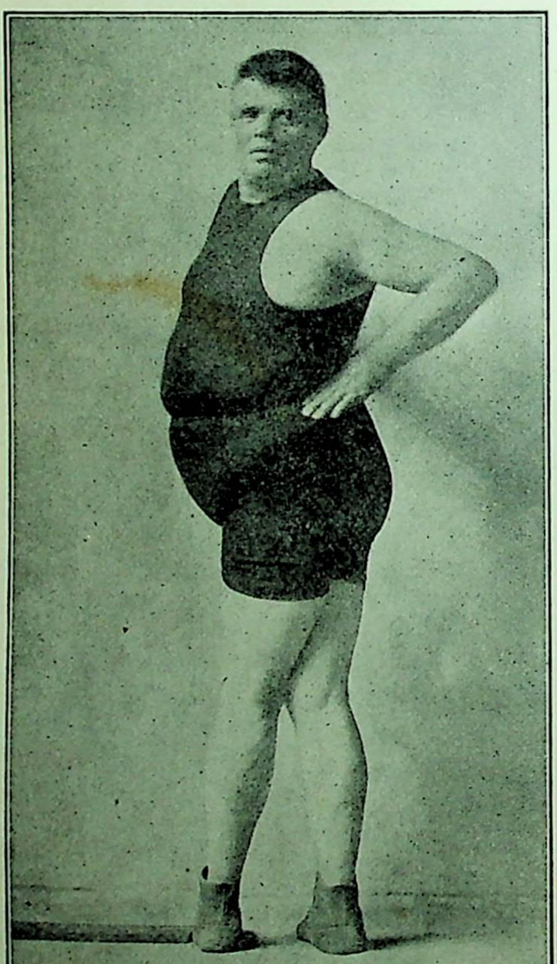
Exercises of all kinds that are within the strength of the patient are advised and walking is particularly valuable. If the patient will walk each day until thoroughly tired not only will the excess fat more rapidly disappear, but the vital energy will be greatly increased. Physcultopathic Movements M and N are also especially valuable, using Series M in the morning and Series N in the evening.

It would be of advantage to look over the vitality-building regimens (Vol. III, p. 1791-97) and follow whatever suggestions you may see therein that are adapted



Exercise for Obesity. With elbows rigid and knees straight, bend forward reaching down with the hands as far as possible, touching the floor if you can. Return to first position. Repeat until a distinct feeling of fatigue is noticed. This is a splendid movement for strengthening the small of the back and improving the general vigor of the spinal column.

to your strength. Remedying obesity is not by any means an easy task; it requires persistent and continuous efforts. I have come in contact with several cases where the weight has ranged anywhere from two hundred to five hundred pounds, and in every instance the change that has been brought about through the application of the natural methods just described has been satisfactory to an extreme degree. One patient whose weight was near the four hundred pound mark was able to reduce his weight to two hundred and twenty pounds. Another one, who was five feet in height and was over two hundred pounds in weight, reduced to one hundred and fifty pounds. I remember a patient who was so afflicted with fatty tissue that he was unable to sleep in a reclining position. He would have to get what sleep he could when sitting up. After a few days' fast he was able to sleep as comfortably as an ordinary individual. In nearly all cases the patients have subsequently been able to so control their habits of life that the growth of the fatty tissue has been restrained and they enjoyed, at least, ordinary health.



Exercise for Obesity. This might be termed a twisting exercise. Try to keep the hips as immovable as possible and turn the body as far as you can to the right; then turn as far as you can in the other direction. Be sure to continue until there is a decided feeling of fatigue. This is an excellent movement for reducing the girth of the abdomen.

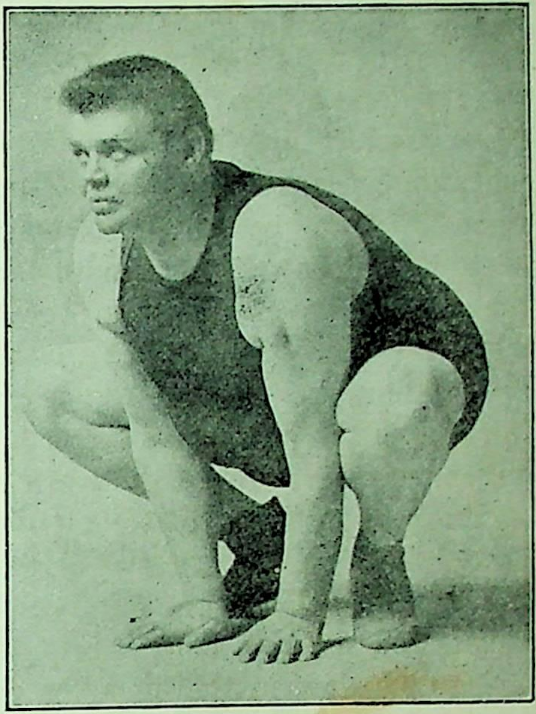
The increase in vigor and health that comes with a reduction in excess weight makes such a change in one's general

feelings that it is worth all the efforts that may be required to bring it about.

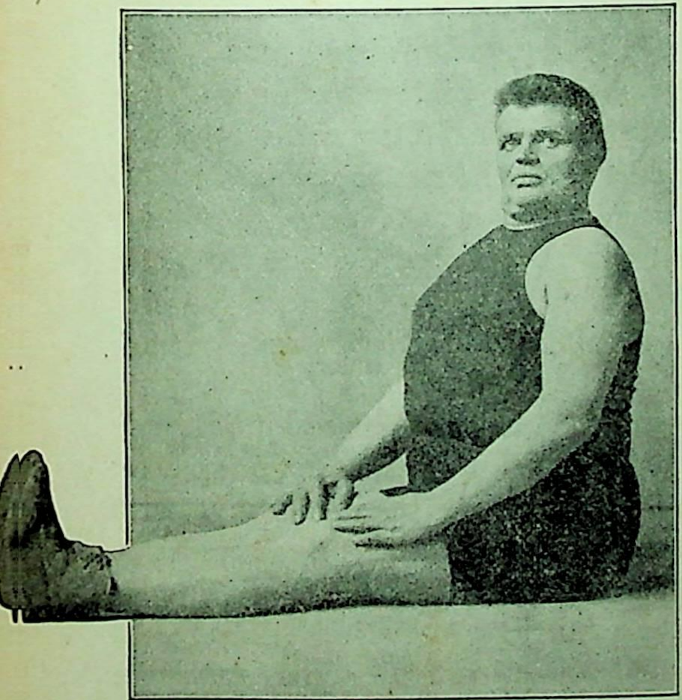
OBSTETRICS. — See *Child-Birth;* also Volume V.

OCCUPATION NEUROSIS.—(See also *Cramp* and *Spasm.*)

Symptoms. The term applied to a number of nervous disorders the exciting cause of which is an occupation that induces undue strain of certain nerves and muscles. Such vocations



Exercise for Obesity. From a standing position, bend the knees and touch hands to the floor as shown in the illustration. Return to a standing position. Repeat until there is a distinct feeling of fatigue.



Exercise for Obesity. Recline on the back, with hands on the legs. Now rise to a sitting position, as shown in the illustration. Return to former position and repeat until thoroughly tired. It may be necessary at first in taking this movement to have the feet under a bureau, or some heavy piece of furniture.

as writing, typewriting, telegraphy, piano and violin playing, etc., are liable to bring about the malady.

The symptoms marking the approach of occupation neurosis include cramp and pain in the affected muscles, whenever an attempt is made to go through the usual movements. When the seizure subsides, an aching sensation remains, and a

serious form of neuritis often develops which may result in atrophy, causing partial or complete paralysis.

Treatment. In disorders of this kind there are two factors to be considered: first, the constitutional weakness, susceptibility and nervous condition of the patient; second, the strain upon the parts involved due to his occupation. In treating the ailment, the harmful occupation must be suspended for the time being or permanently. It is true that there are cases in which the occupation may be continued co-incidentally with the up-building of health, strength and nervous vigor, but in most instances, it is difficult to bring about a radical improvement as long as the strain of the work remains.

By way of local treatment, the circulation must be accelerated by the use of hot and cold packs—hot for two or three minutes and cold for one minute. Alternate the packs several times, and use one that is cold finally. This must be done twice each day, in the morning and in the evening. A cold wet cloth should be placed upon or wrapped about the affected parts on retiring, and allowed to remain until morning. Following the cold and hot applications in the morning, treatment of the affected parts by Mechanical Physcultopathy will be of the greatest value. Indeed, aside from the constitutional treatment, Mechanical Physcultopathy will accomplish more than any other measure that can be adopted. (See Vol. III, p. 1513-1600.)

Although the direct cause of this disorder is, as we have said, the strain on certain nerves and muscles due to the occupation of the patient, yet in practically all cases it is made possible through the defective condition of the entire system. Because of this the ailment has many features in common with neuritis (which see.) Hence all available measures should be taken to eliminate the poisons from the blood and body tissues, as well as for building up the vitality. A fasting and general dietetic regimen similar to that prescribed for neuritis may be adopted.

In addition to the local treatment by Mechanical Physcultopathy, it will be of advantage to invigorate the entire

nervous system by means of hot spinal packs once each day and Physcultopathic Treatment F or G.

Outdoor life is an important factor in assisting a recovery from a disease of this type. Walking in the open air is one of the best of all exercises. General exercise for the purpose of building up the nerves of the body as a whole should be adopted and Physcultopathic Treatments M and N will be useful for this purpose. In this connection, attention is called to the chapters on Exercise in Volume II of this work. Air baths, sun baths and dry friction baths will also be found to be of great advantage. A health-building regimen adapted to the strength and a general vitality regimen appropriate to the condition of the patient, should be faithfully followed day by day.

OPHTHALMIA.—A general term for inflammation of the superficial tissues of the eyes. See *Eyes, Diseases of.*

OPIUM POISONING.—See *Poisoning,* also *Drug Habits.*

ORCHITIS.—*Symptoms.* An inflammatory condition of the testicles which may be either acute or chronic, the former often preceding the latter. Orchitis is often an accompaniment to diseases of an infectious nature in which there is marked disturbances of the lymph circulation—such as mumps. Or again, it may be due to tuberculous or to syphilitic infection. The symptoms are mostly local in character. The testicle becomes inflamed and increases to twice or thrice its ordinary size, and becomes unbearably sensitive to the touch. After the subsidence of the inflammation, the testicle may still remain slightly swollen and sensitive. Until these chronic symptoms disappear there is danger of a recurrence of the acute condition. (See also *Epididymitis.*)

Treatment. Perhaps the most valuable form of treatment in this disease is to be found in sitz baths, to be taken as hot as can be borne. When this is inconvenient, hot hip packs may be used, though as a rule, they are not nearly as valuable as the sitz baths. These together with free drinking of water and the daily use of a full enema, will usually bring immediate relief.

It is hardly necessary to add that a complete fast must be observed while the acute symptoms are manifested. Acid fruit or its juices, may, however, be given if much desired by the patient. Care must be used to avoid over-eating when recovery is indicated. Any one of the limited diets that appeal to the patient can then be used for at least two or three days and with advantage.

For further suggestions as to constitutional treatment see *Epididymitis*.

OSTEITIS.—See *Bone, Diseases of*.

OSTEOMYELITIS.—See *Bone, Diseases of*.

OTITIS.—Inflammation of the ear. See *Ear, Diseases of*.

OVARIES, DISEASES OF.—*Symptoms.* Inflammation of the ovaries and ovarian tubes is a common ailment among females. As a rule the inflammatory process commences in the uterus and extends through the tubes, until the ovary itself is involved. Then if suppuration follows, the malady becomes exceedingly dangerous.

Inflammation of the ovaries may arise through disordered menstruation; chronic ovarian trouble; or diseases of the genital organs such as gonorrhea. The symptoms which precede the disorder are acute abdominal pain and a discharge of a semi-purulent nature from the vagina. Hemorrhage of a more or less severe sort takes place periodically. This is liable to produce disorders of the nervous system often culminating in attacks of hysteria.

Inflammation of the Ovarian or Fallopian Tubes usually precedes an inflammatory condition of the ovaries, though these latter organs are not necessarily involved. Similar symptoms are present. But when the tubes become swollen to the extent that the purulent mucus and pus in them cannot find an outlet, a swelling is produced which may grow to the size of a child's head. The peritoneum, or abdominal covering then becomes involved, and should a discharge take place internally, death follows. A copious discharge of blood at the period of menstruation is often a sign precedent to the development of both these inflammatory processes.

Ovarian Tumors, when they first appear, are usually benign in character; yet they often become malignant and cancerous, when death follows. As with all other internal tumorous growths it is difficult to diagnose their presence at an early stage, for the symptoms are altogether indefinite. But as they increase in size, severe abdominal pain, occasional hemorrhage between the periods of menstruation, loss of appetite, severe constipation and progressive emaciation are invariable symptoms.

As the tumor increases in size, the patient presents the appearance of pregnancy. The pressure exercised by the tumor upon the surrounding abdominal organs interferes with their functions and the sufferer dies from exhaustion and malnutrition, unless other complications such as peritonitis hasten the end.

Treatment. In the case of inflammation of the ovaries, inflammation of the ovarian or Fallopian tubes and ovarian tumors, the treatments are practically similar; in each case, the idea is to cure the inflammation by a blood-purifying process. As a general rule, inflammation of any part of the body where it is not caused by a cut, a bruise or other local accident, is brought about by impure blood supply and can only be remedied by a blood-purifying process. This method, therefore, is used in the case of these maladies, which are many and variable, with excellent results.

It is true that the treatment for ordinary inflammation of the organs named is not so drastic as that used for an ovarian tumor. The chief difference in the two treatments is, that with the tumor the fasting process is continued over a considerably longer time than in the other instance, although the regimens following the fast are in each case almost identical in character. It must be remembered that when one is fasting, the system, through the medium of the blood, searches the body, as it were, for waste material that can be used as a means of adding to the bodily energies. As a tumorous growth is nothing more or less than a conglomeration of this waste mat-

ter, it is one of the first parts of the body that is subject to the absorbing process alluded to.

In the treatment of this disease, I would advise Fasting Regimen No. 2 to be adhered to from two to ten days in case of ordinary inflammation, and from ten to thirty days in that of tumors.

In cases of mere inflammation, I would advise the following of a breaking-fast regimen adapted to the length of the fast and an adherence to the milk diet as outlined therein.

In treating ovarian tumors where the fast covers a brief period the milk diet is not advised, though where continued for from twenty to thirty days, it may be taken for a week or two after the fast is ended. Limited Diet, No. 20 or 22 should follow. Where the tumor has not been completely absorbed by one fast, additional fasts should be taken. In many instances if a good deal of exercise is used for building general vitality, and a limited diet is followed such as has been suggested, the absorption process will continue and a definite cure be obtained without the necessity of further fasting. I need hardly say that all tendencies towards constipation absolutely must be overcome, using enemas if necessary.

Hot and cold sitz baths are of special value in the treatment of these diseases. They can be taken in the morning and evening and two or three changes should be made from the hot to the cold. Where it is impossible to secure conveniences for the hot baths, then cold could be used or cold hip packs.

Physcultopathic Movements F and G may be taken with advantage as a means of stimulating the nerve centers, and adding to the general vitality. Exercises which can be given without aggravating the affected part, should be used daily and persistently. Every means of increasing the general vitality will naturally assist in recovery. If fairly strong, the exercises given in Volume V for remedying female complaints can be adopted by the patient. In fact, if these exercises are not completely performed and the patient rests between her efforts, after becoming slightly fatigued, material benefit can

be secured therefrom. Physcultopathic Movement M can also be used, although great care must be taken to avoid over-exertion or unduly irritating the diseased organs.

In prescribing these treatments it must be remembered that I am not indulging in untried theories. In literally hundreds of cases these methods have proven of great value in remedying these ailments. We have robbed the operating table of scores of victims by prescribing the simple methods that are here suggested. I have knowledge of only one or two cases out of several hundred in which an operation was necessary after our methods had been given a reasonable trial; and even in these cases, the surgeon who operated admitted that our course of treatment had so marvelously improved the quality of the blood of the patient that recovery from the operation was quick and certain. Thus you can see that even if you are considering an operation, the treatment herein outlined would prepare you for the shock to the vital organism that often accompanies the work of the surgeon and your recovery is far more certain as a result.

OZENA.—*Symptoms.* A disease of the nasal passages. There is a purulent discharge of an offensive nature, which sometimes dries up into large repulsive scabs.

Ozena is a chronic affection which often arises as an after-effect of inflammatory nasal catarrh. It is often a minor symptom of such blood diseases as scrofula and syphilis.

Treatment. The important factor in the treatment of this disease is the constitutional phase, or, in other words, the purification of the blood-stream. At the same time, local measures will facilitate an improvement of the affected parts. When the disease is a symptom of scrofula, syphilis or other blood disease, attention must of course, be given to those latter in the first instance. When it is the aftermath of catarrh, however, the treatment is simple and to the end of bringing about a radical improvement in the condition of the blood and the general health.

By way of local treatment, the inhalation of steam is valuable as it softens and removes the crusts or scabs. The

application of olive oil will also help in this respect. A nasal douche of salt water is of advantage and in some cases it will be best to use water that is hot but not hot enough to cause discomfort.

The general instructions given elsewhere in this volume for the treatment of catarrh of the nose and throat will be applicable to the treatment of this complaint except that more stringent measures are usually necessary. Read carefully such instructions. For instance, where ordinary catarrh may be overcome by a modified course of diet or a short fast in connection with other hygienic measures, in a case of ozena a longer fast is usually requisite. In stubborn cases, Fasting Regimen No. 4 is advisable, using Breaking-Fast Regimen No. 19 and thereafter adopting Milk Diet No. 32.

Activity of the bowels is absolutely essential while fasting, and the use of plain sterilized round sand (see Vol. III, page 1708) will be of advantage, and enemas may be taken every other day. It is useless to expect good results unless the channels of elimination are active.

It will be of advantage to take a steam-cabinet bath once or twice each week or adopt some measure equally effective as an aid to elimination. A cross-country run is an admirable means of arousing a profuse perspiration and prompting rapid elimination; also it has the power to gradually build up increased vitality. (See Vol. II for instructions on Training and Cross-Country Running.) If not sufficiently vigorous for this sport, one should instead take long walks in the open air beginning with moderate distances and increasing the length of the walk gradually until several hours each day are thus spent in the open air. But if the steam bath or athletic exercises are not possible then a wet sheet pack used daily or every other day would be effective. This pack can be taken while fasting, though a neutral bath should be taken while on the milk diet. The instructions in regard to steam baths, running, etc., should be put in practice after the milk diet has been discontinued and a return made to ordinary foods.

Dry friction baths, air baths and sun baths are all-powerful remedies for curing disorders of this nature, and special attention should be given to them in connection with the general vitality-building regimen adopted. The friction bath can be used once or twice each day, but the air bath should be taken as often and for periods as prolonged, as possible.

PACHYEMIA.—*A Morbid Thickness of the Blood.*—General constitutional treatment similar to that advised elsewhere in this volume for *Plethora* or *Leukemia*

PACHYMENINGITIS.—Inflammation of the dura (outer membrane of brain and spinal cord.) See *Meningitis.*

PAIN.—A natural warning that some part of the organism is exposed to unnatural conditions. Though pain in one form or another is a symptom more or less common to all diseases, to diagnose the ailment either by the location or the character of the pain is impossible. Other and accompanying symptoms must also be taken into consideration.

See also *Pain,* in *Diagnosis,* first chapter of this volume.

A sharp and violent pain is always indicative of an acute process going on somewhere in the body. When persistent it is a sure sign of organic inflammation which demands prompt measures of relief. When this pain is particularly piercing and radiates from a well-defined area, the indication is that a nerve or nerve sheath is subject to irritation due to inflammatory development.

A dull, ill-defined and aching pain is a certain sign of a chronic process and is generally combined with some functional defect of the larger organs of the body, the digestive tract, kidneys and lungs in particular.

An extremely sensitive condition which merges into pain when the part affected is touched or moved, always precedes the appearance of some obscure disorder such as tumors of the spinal cord, disturbances of the digestion and diseases of the abdominal organs, or abscesses of an internal nature.

An irritating or itching pain, when not local in character and directly due to a skin disease, is usually related to some

definite disturbance of the digestive tract, the most common of which is the presence of intestinal parasites.

A numb or tingling pain, when not due to a rheumatic cause, can always be attributed to some nervous disablement of a chronic nature such as neurasthenia, locomotor ataxia, chronic and sub-acute neuritis or sciatica, epilepsy, meningitis, etc.

A burning pain, especially in the stomach, is a sure sign of digestive disorders—a hyper-acid condition of this organ.

An oppressive or weighing down sensation often precedes a hemorrhage. It may also be an indication of the formation of a remote internal tumor.

The location of the pain is, of course, of great importance in the diagnosis of disease. When the suffering is local and confined to a definite part of the body, its cause can generally be ascertained without difficulty and with some degree of accuracy. Treatment then presents no difficulty. But when the pain is diffused over a large area accompanied with a general feeling of malaise, the disease is not so readily diagnosed and time, coupled with constitutional treatment, may be the only means practicable for its eradication. It is well to recollect that pain of all kinds is simply an indication of an effort on the part of the organism to readjust itself. And therefore the tendency at all times is for the suffering to cease when proper methods are employed to aid in this readjustment.

Treatment. In the case of pain of all kinds, the treatment for the disease which is definitely indicated by the symptoms must be carried out in detail. However, where you simply suffer pain and have no idea of its cause, the application of very hot cloths or packs to the affected part will in nearly all cases bring material relief. But a severe pain in your hand or foot, or some other part of your body, may be due to digestive or assimilative defects. If you do not obtain relief by local treatment it is a good plan to apply hot cloths to the abdominal region. But if there is fever associated with the pain, it is well to use a cold abdominal pack instead of hot. Very frequently, also, constipation is asso-

ciated with the pain. This can be remedied by the full enema. The free drinking of hot water is also valuable, though cold water can be used if craved by the patient.

In some cases where the pain is due to, or accompanied by inflammation, local cold applications will be found to give greater relief. Sometimes alternate hot and cold packs will prove most effective. The relative comfort afforded the patient will determine this matter in all cases, though it may be said that hot applications will answer best in most cases. In all cases where the pain is of nervous origin heat and heat only should be used.

PALATE, CLEFT.—See *Harelip.*

PALSY.—See *Paralysis.*

PANARIS.—See *Whitlow.*

PANARITIUM.—See *Whitlow.*

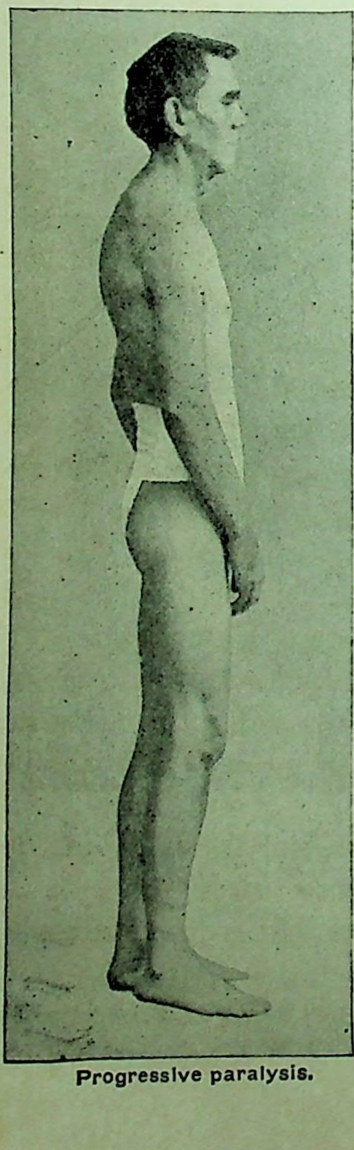
PANCREAS, DISEASES OF.—*Symptoms.* But little is known of the function of this obscure organ. But that it has no immunity from disease is certain. Inasmuch as it is admitted that its work is allied to that of those other glands that supply digestive juices, it is safe to presume that dietetic error will produce a harmful effect on the pancreas. There are not wanting among medical men those who aver that some of the diseases that are attributed to the liver are in reality due to an abnormal state of the pancreas.

Treatment. Diseases of this organ are due to dietetic mistakes and the remedy lies in adopting means that will build the digestive strength and improve the quality of the blood supply. Any of the general regimens that have been advised for this purpose can be used with satisfactory results, though abdominal packs, if given on retiring at night and allowed to remain until dry, or until morning, would be of especial worth. Hot spinal packs, as advocated in Physcultopathic Treatments D and E can also be recommended. Outside of this, the treatment would be along general lines for adding to the constitutional and digestive vigor.

A fast of a duration adapted to the strength of the patient is, of course, advised, such as is described in Regimen No. 2.

If the patient is low in vitality, then the fast should not be continued over two to five days. A breaking-fast regimen adapted to the length of the fast, should be used, and the milk diet can be prescribed in practically every instance with benefit. As a rule, however, the milk diet should be taken in bed, in connection with diseases of this organ, especially if the vitality of the patient is low.

Various exercises will, of course, be of value in adding to the general vitality, provided that the patient possesses the requisite degree of strength. Select a vitality-building regimen adapted to his strength, and have him follow it in detail.



Progressive paralysis.

PARALYSIS.—Loss of voluntary muscular control due to an affection of the nerves or nerve centers which control the paralyzed muscles. This nerve degeneration originates either in the brain or spinal cord, and its deep-seated location renders it difficult to cure.

The most common of all forms of paralysis is that known as

Creeping Paralysis, a characteristic of which is the gradual progression of the nerve degeneration. Its most general form is loss of movement, and sometimes of sensation, in the lower limbs. The symptoms which precede its development are pain and aching in the lumbar regions, inability to walk any distance without fatigue, intense aching when an erect position is maintained for any length of time, and more or less impairment of vision. This condition may last for months and even for years before the ability to move the limbs is entirely lost.

But walking becomes more and more difficult until the patient may become entirely helpless. As a rule, after the lower limbs have lost all power of voluntary movement, the hands and arms become affected. Or paralysis may first appear in the latter members. Chronic constipation is always a preceding and accompanying symptom of all forms of paralysis.

Sudden Paralysis or a Paralytic Stroke (see *Apoplexy*), unlike the creeping form, is rarely preceded by any tangible warning, but may result from the effect of exposure, intense heat (such as sunstroke) intense cold, or it may be an after-effect of a convulsive seizure. The organic parts chiefly affected are the nerves of the face, the arms and hands, on one side of the body. Sometimes the whole side of the body becomes paralyzed. (Hemiplegia.)

Unlike creeping paralysis, a paralytic stroke or its after-effects are amenable to constitutional treatment.

General Paralysis.—Paresis. See *Brain, Softening of.*

Paralysis Agitans is not considered a true form of palsy, although it is often referred to as shaking palsy. It afflicts chiefly those of advanced age. The first sign of its appearance is trembling of the hands and loss of control over the arms. A similar loss of nerve control gradually extends throughout the body with the result that an erect position becomes difficult to maintain and a crouching, trembling attitude is adopted. When walking it becomes increasingly difficult to progress in any direction excepting a straight line, so that when it is necessary to turn the body, some form of temporary support is needed. Muscular control in time decreases so that rising from a chair becomes difficult or impossible without assistance; and the whole of the body may be affected by the trembling, from the jaws to the feet.

There is apparently no specific reason for the cause of this disease and it must be ascribed to nervous degeneration, attributable to the encroachment of old age. Measures designed, however, to increase vitality and improve the condition of the blood would be of undoubted benefit in staying the course of the disease.

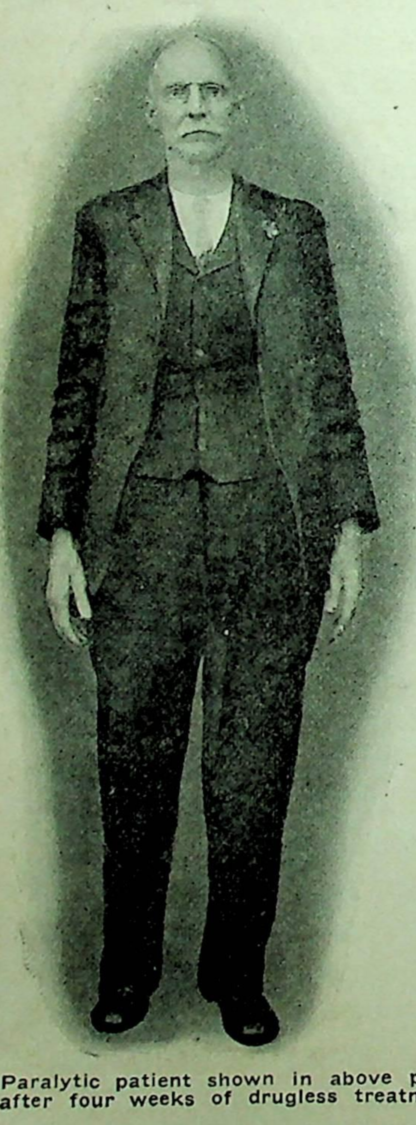
I have never observed a case of shaking palsy that was completely cured, although I have seen many that were alleviated by our treatment.

Treatment. The methods used in the treatment of paralysis are practically identical in all cases. They are based on an increase of



Total paralysis of hips and legs. This patient regained use of legs through treatment here described.

vitality, stimulation of the nerve centers of the spine and an acceleration of the circulation of the affected parts with a view to increasing the tissue changes or metabolism, which latter phase of the treatment is illustrated in detail in the chapter on Mechanical Physcultopathy in Vol. III. With the help of this chapter you can become acquainted with the movements that are desirable in each particular case.



Paralytic patient shown in above photo after four weeks of drugless treatment.

Once or twice daily the affected part should be given

a thorough treatment, moving it in every direction, exercising it while relaxed and also while the muscles are to a certain extent contracted or tensed. Where the power of the muscles has quite disappeared, then deep massage, such as kneading, can be resorted to, and the use of electricity is also recommended. This is one of the only diseases where we find that electricity can be used to advantage. I do not question the fact that it has a certain value in other diseases, but the natural methods that we advocate are much more effective and bring about results that are much more speedy and certain. But where the muscles have lost all voluntary power the application of electricity will cause them to automatically tense or contract and in that way often assist in reviving the dormant nerve force. In addition every possible means should be used for stimulating the spinal column. As all nerves radiate from the spine the increase of nerve vigor that will come from this stimulation is, of course, of the utmost value in treating this disease.

Yet this complaint must in the main be treated as a constitutional ailment. So in all cases it is well to begin the treatment with Fasting Regimen No. 2, to be continued from two to ten days, according to the condition of patient. Where the patient is lacking in vitality, and below normal weight, there should only be from two to four days of fasting. Under other circumstances the fast can extend to the longer period mentioned. Breaking-fast regimen adapted to the length of the fast may be used thereafter. The milk diet will be found of special value in cases of this disease. Where the ordinary



Posture of body in shaking palsy.

milk diet cannot be followed, Milk Diet No. 36 may take its place, or if this is not possible, milk and fruit diet such as is described in No. 42, 46 or 47, can be used. Enemas must be used in many cases to maintain activity of the bowels, and especially when there is more or less paralysis of the bowels themselves.

Physcultopathic Treatments D, E, F and G are of special value for paralytic patients. If the sufferer is fairly strong, Treatment F or G may be used; if not, then the lighter treatments would be desirable. Walking to the limit of the strength of the patient each day—that is, until slightly fatigued—will also hasten recovery. Indeed, there is no disease in which exercise is of more importance. In the treatment of a paralytic stroke, hot spinal packs are also of special value.

If care is taken to avoid over-feeding and the free drinking of water is encouraged, as a rule the patient will slowly but surely recover his lost powers. In nearly all cases, provided that the patient is normal or above normal in weight, it would be advisable to continue the fast until a recovery is assured. The premature resumption of a full diet following a stroke of paralysis, is to my mind the cause of the crippled condition of many patients who might have been cured by a proper dietetic regimen.

The possibility of securing a permanent cure is hard to determine. I have seen many cases where a great improvement was brought about within a short time, though thereafter no additional changes for the better appeared. The affected nerves seemed to have been so weakened that they could not recover their full quota of vitality. Yet I have known of patients entirely recovering as a result of following our instructions. I am firmly convinced that if there are any means whereby paralysis can be cured, they are those advocated by us. Where the disease is beyond cure, you cannot, of course, expect that any methods will prove effectual.

PARANOIA.—See *Insanity*.

PARAPLEGIA.—Paralysis of the legs. See *Paralysis*.

PARASITES.—*Symptoms.* The parasitic forms of life found within the intestinal tract of man have been dealt with under the term of Intestinal Parasites (page 2140.)

In addition to these parasites there are other pests which make their home in or on the human skin. The most common of these are:

Lice which often infest the human head, especially that of children, due to a total lack of cleanliness. Their presence is characterized with intense itching, especially during sleep; and the scratching thus induced is often the cause of an eczemic affection.

There is also the crab-louse that effects a lodgment in the flesh of the unclean around the genitals, under the armpits and in other parts of the body where hair grows, outside of the head.

The Itch-mite is another parasite that breeds on the human skin especially between the soft parts of the fingers and toes. The insect burrows under and deposits its egg beneath the surface; and when through lack of cleanliness it is allowed to spread, ulcers and an inflammatory eczema appear. Intense itching of the part affected is the first sign of the presence of this pest. (See *Itch.*)

Treatment. Cleanliness is the foe of all body parasites. Prevention in this case takes the form of a liberal use of soap and water, and a cure can be effected by like means, the exception to this rule being that of the crab-louse. This insect buries its claws in the flesh and hence applications of water are more or less useless. Blue or mercurial ointment will, however, cause the death of the pest in short order, after which it may be removed by washing.

The minute insect that is responsible for the so-called itch had better be treated with a mixture of powdered sulphur and olive oil or cold cream, or other similar substances. The affected part should be thoroughly washed with hot water and soap before this mixture is applied. In a great many cases but one application will be necessary.

It may be emphasized, however, that except in rare in-

stances, these parasites only obtain lodgment on persons of unclean habits so that he who religiously observes the use of the bath need never stand in fear of them.

There are cases in which even cleanly persons may be visited by the parasites, however, but even in such instances the use of the bath will prevent the pests from securing a permanent foothold.

PARESIS.—See *Brain, Softening of the.*

PARESTHESIA.—Morbid sensation, such as crawling, numbness, "pins-and-needles"—a symptom in nerve disorders. (See *Paralysis; Occupation Neurosis.*)

PARONYCHIA.—See *Whitlow.*

PELLAGRA.—This is a very rare disease. Lombroso worked over the question of the origin of the disease, and came to the conclusion that it was due to the presence of mouldy corn in the diet. More recent experiments seem to prove that it is due to a specific bacterium, however. The skin becomes thick and discolored; pains are experienced in the spine and stomach. Insanity develops in the last stages.

Treatment. So far as hygienic measures are applicable, they may be summed up in a few words. The skin should be treated as in other skin diseases, but it should be protected from the rays of the sun, which act harmfully upon it. An absolute fast should be undertaken. Water-drinking, tepid enemas, etc., should also be insisted upon. Prolonged warm baths will be found especially helpful. The milk diet should follow the fast.

PEMPHIGUS.—See *Water Blebs.*

PERICARDITIS.—Inflammation of the covering or membranous sac in which the heart is enveloped. The symptoms present are difficult respiration, with shortness of breath, severe heart palpitation and shooting, piercing pains around the heart which radiate to the left arm and shoulder. Fever is present, the degree of the temperature being proportionate to the severity of the attack. When the inflammation is very severe an inflammatory fluid (exudate) may collect in the sac which is usually serous, but at times may become purulent.

With a drop in temperature the pains subside and improvement sets in; but even when all danger has vanished and the patient is well on the road to recovery, heart oppression and palpitation are symptoms which will remain for some time.

Treatment. Pericarditis requires a thorough treatment of a blood-purifying nature to eliminate the poisons with which the system is charged, thus doing away with the cause of the inflammation. As such poisons are due to malnutrition, which in turn is the result of digestive troubles, it follows that the fast is essential in the treatment of this disease until its acute symptoms have disappeared. To take food under the circumstances means adding to the toxic principles already in the system and therefore not only delays recovery, but imperils the life of the patient. The copious drinking of water is necessary in order to aid in the processes of elimination by flushing and cleansing the alimentary canal. The water may be either hot or cold, as the patient desires. The fact that cold water reduces the temperature may in some cases offset the eliminative qualities of the hot water.

In order to still further accomplish a thorough cleansing of the alimentary canal, enemas are of great value. In fact they are imperative if there is a tendency to constipation, but even otherwise, they will be found to be most helpful. If the fever is very high they may be moderately cold, say 85 degrees Fahr. but not warmer than 98 degrees or 100 degrees. If the patient at any time suffers from chilliness, a hot enema of a temperature of 108 degrees to 115 degrees Fahr. will be of advantage.

Cold chest packs should be used, their application being renewed every 10 or 20 minutes. If the fever is not marked, the packs will prove to be very effective if they are applied hot and changed every half hour. Or alternate hot and cold applications will bring about relief. The packs should remain undisturbed while the patient is asleep. In case of acute and severe pain in the region of the heart, hot fomentations are advised.

Drug treatments of all kinds must be absolutely avoided, such treatment placing an additional burden on the heart and imposing a drain on the reserve vitality. A permanent cure can be accomplished by the use of hot and cold water and through Physcultopathic treatments without the aid of nostrums that may yield temporary relief, but bring in their train, suffering that is worse than the original disease.

One of the most important factors in the treatment of this disease is a plentiful supply of pure air. It will be better if the patient can be kept out-of-doors both day and night, but if this is inconvenient, the windows of the room in which he lives or sleeps should be kept wide open nevertheless. While he should be sheltered from a current of air if he feels uncomfortable or it chills him, it should not be forgotten that a draft is never the source of danger, but the reverse. Indeed, in a case of high fever, a cold air bath as long as it is gratifying to the patient, not only reduces the disease but also induces activity of the pores of the skin.

Each morning, Physcultopathic Treatment A or B should be used in connection with a hot spinal pack. As the patient grows stronger, a more vigorous treatment may be adopted, such as Physcultopathic Treatment E or F. In all cases be sure that there is complete recuperation. To insure this, it will sometimes be found necessary to avoid giving treatment too frequently. The treatments just named are very strenuous so that it is occasionally better to omit some of their phases for fear that the treatment as a whole may over-tax the recuperative powers of the patient.

The fast should be continued according to Fasting Regimen No. 3 until all acute symptoms have disappeared; whereupon the breaking-fast regimen adapted to the length of the fast should be followed. After this has been done, an exclusive milk diet will prove satisfactory, using Milk Diet Regimen No. 32. From this time on, constitutional methods of building vitality and improving the general health should be observed. In breaking the fast it is well to adopt a limited diet chosen from among Limited Diets Nos. 20, 22, 23, 24 and 25. In all

cases where the patient lacks vitality or is reduced in weight, a milk diet is appropriate. As he gains in strength a general vitality-building regimen should be adopted and faithfully followed.

In case of accumulation of fluid which cannot be absorbed, it may sometimes become necessary to tap the pericardial sac and withdraw the fluid with a syringe to save the patient's life.

PERIOSTITIS.—See *Bone, Diseases of.*

PERITONITIS.—Inflammation of the membranous covering which invests and protects the abdominal organs. As in the case of a like inflammatory condition of any other covering of an important organ, peritonitis is an exceedingly dangerous disease which often ends fatally, for it must not be forgotten that the sac which envelops each vital organ is the last line of defence against complete functional disablement of the organ in question.

Peritonitis may be either acute or chronic, the acute form preceding the chronic stage.

Acute Peritonitis is commonly brought about by the discharge from an abscess entering the abdominal cavity, as occurs in severe forms of appendicitis. In fact, the latter disease more than any other is responsible for the onslaught of this ailment. Ulceration in any part of the intestinal tract is also a common cause. Inflammatory conditions of the female genital organs are likewise an exciting cause. The symptoms which arise are grave in the extreme. The fever is exceedingly high, the pulse rapid. The surface of the abdomen is distended to the degree that the slightest pressure, even the weight of the bedclothing, causes intense suffering. There is much retching and vomiting consequent upon the inability of the intestine to liberate the accumulation of gas. When pronounced cardiac weakness and shortness of breath further intensify the suffering, the end is often fatal.

Chronic Peritonitis is often due to intestinal tuberculosis when it does not result as an after-effect from an acute attack. The characteristic symptom is pain and tenderness over the abdominal area with more or less distension caused by the

presence of a watery fluid. When this morbid secretion involves the whole of the abdominal membrane, an acute process may supervene, with a fatal ending.

The treatment of this disease in the acute form must be carried on with unusual energy if satisfactory results are to be expected. First of all, proper activity of the bowels must be maintained and for this purpose a full enema is advised, or as nearly full as the patient can take without too much acute pain. This enema should be warm if the body is at ordinary temperature and cool (80 degrees to 85 degrees F.) if there is some fever.

Where the disease is due to the bursting of an abscess, or to the breaking down of an intestinal ulcer, an immediate operation can save the patients' life.

The very free drinking of water is absolutely essential. This water can be flavored with a small quantity of lemon juice, if desired, in order that the patient may drink a greater quantity. Hot abdominal packs, as hot as can be borne, should be applied twice daily and allowed to remain an hour on each occasion. If the vitality seems to be especially low, hot spinal packs would also be advisable, as described in Physcultopathic Treatments D and E. By flushing the system with a large quantity of water, drinking as much as possible, and by making every effort to induce extraordinary activity of the vital organs, in many instances this disease can be overcome in a reasonably short period, or at least the danger of death from its onslaught can be removed, and its severity modified.

The sitz bath is another remedy of great value in this ailment. This bath should be of ten to fifteen minutes duration, depending largely upon the vitality of the patient.

It is hardly necessary to add that in an attack of this disease absolutely no food of any kind should be allowed. The only exception would be some acid fruit-juice which the patient might particularly crave, such as that of the orange, apple or grape. In the treatment of this complaint, however, it is often advisable to avoid even this small amount of nourishment, though one should remember that lemon juice and lime juice

have antiseptic properties of great value, and when used in a case of this kind they are often of value in hastening recovery.

After recovery has been assured, Partial Fasting Regimen No. 10 or No. 11 could be used for a day or two, after which Milk Diet No. 32 could be followed advantageously. Be careful, however, to use acid fruits freely in accordance with the desire of the patient, and especially when there are any symptoms of nausea. As a rule, where these symptoms appear, the lemon is the best fruit to use for remedying same.

A free supply of fresh pure air is absolutely essential.

In the treatment of chronic peritonitis it is necessary to adopt constitutional measures for building up the highest possible degree of vitality and accomplishing such a radical purification of the blood stream as will enable the system to eradicate the disease thoroughly and permanently. It is best to give the entire alimentary canal a complete rest, and for this reason a fast is urgently recommended. The longer the fast the more effective, although its duration will naturally be determined by the strength and weight of the patient. If of normal weight, or above, Fasting Regimen No. 4 may be recommended, with Breaking-Fast Regimen No. 19 to follow. After that a limited diet for a couple of weeks may be of advantage, choosing from Limited Diets Nos. 20, 22, 25, 26 or 27. In case of greatly reducing weight, a milk diet should follow the fast, using Milk Diet No. 33. In some cases where the patient is too weak to take a fast of sufficient length to accomplish the desired results, Fasting Regimen No. 7 may be preferable.

Outdoor air is of great advantage in overcoming any disorder of this kind, and when indoors great care should be used to provide ample ventilation. A cold sitz bath should be taken each morning as a means of invigorating the entire region affected by the disease. If at any time there is unusual pain, a hot sitz bath should be substituted, though in such a case it would usually be better to take a hot sitz bath first, followed by a cold sitz bath. On going to bed each evening a cold abdominal pack may also be applied with a heavy dry towel

wrapped outside, this pack to remain until morning or until dry.

Physcultopathic Treatment E or F may be used, preferably F, if the patient is strong enough, or Treatment G in case he has no assistance in taking the treatment. All exercises that he can take comfortably are to be recommended, and especially should he make a practice of daily long walks. He should not exhaust himself in his exercise, but he should walk each day until slightly fatigued and gradually increase the distance. He should adopt a general vitality-building regimen suited to his strength and condition, and adhere to it faithfully.

PES EQUINUS.—*Symptoms.* A deformity of the leg in which muscular contraction prevents the heel from touching the ground. The result is that the patient walks on toes only.

This malady is the result of paralytic degeneration of the leg muscles, and is often an accompaniment to clubfoot. It is sometimes an after-effect of a contagious disease.

Treatment. Operative methods in this complaint are to be condemned inasmuch as they not only do not restore the normal condition of the foot, but in addition make it impossible to effect a cure by any means whatever. Under no circumstances should the tendon be cut. By way of local treatment there is nothing so effective as Mechanical Physcultopathy. (See Vol. III, pages 1513 to 1600.) The manipulation of the foot and leg according to these methods is essential. I would especially call attention to the illustrated movements described in Vol. III, on pages 1519, 1520, 1531, 1533, 1539, 1541, 1543, 1545, 1550, 1593, 1597, 1598, 1600 and 1612. As a means of accelerating the circulation, helping to restore energy to the parts affected, hot and cold applications—either leg-bath or pack—will be of great value. It is well to have two basins or tubs that permit of the alternate immersion of the entire limb from the knee down. The hot immersion or hot pack may continue for two or three minutes, and the cold one for one minute, making several changes and using cold last. Let this treatment precede the Mechanical Physcultopathy. Indeed, both treatments can be given twice daily, morning and evening.

These treatments, however, are not sufficient, inasmuch as the disorder is primarily the result of constitutional conditions, that cause paralysis and degeneration of the muscles concerned. In addition to the local treatment by means of Mechanical Physcultopathy, various Physcultopathic movements for the spine and particularly the lumbar region or lower spine, will be of great value. Sometimes during the day and not too close to the time selected for other treatments, a hot spinal pack in conjunction with Physcultopathic Treatment C or E will invigorate the entire nervous system. If convenient, additional Physcultopathic movements for the lumbar region may be added, such as those described in Vol III, pages 1535, 1565, 1575, 1589, 1591, 1595. In some cases, it is possible that this disorder is the result of greater or lesser displacement of the spinal vertebræ in the lumbar region, thus bringing pressure to bear on the spinal nerves and interfering with the supply of nerve energy to the affected limb. Physcultopathic treatment of the spine will draw the vertebræ back into alignment and permit of an unimpeded supply of nerve energy. However, if the disorder is not due to this cause, or if weaknesses of the functional organs, poor circulation, or other defects of a constitutional nature are responsible, then a building up of vitality and general health is the prime consideration.

When the disease occurs in childhood it is most important that the patient be given every opportunity for active, healthful play out-of-doors. He should be encouraged to exercise the defective limb as far as control over the muscles will permit. Such exercise in connection with the local treatment described is most beneficial. Modifications of diet will usually be necessary, including fasting, milk diet and similar measures. A general vitality-building regimen should be adopted including air baths, sun baths, dry-friction baths and as much walking as the condition of the patient will permit.

Apart from this treatment, I would refer the reader to that recommended elsewhere for paralysis. (See also *Clubfoot* and *Talipes Calcaneus*.)

PHARYNGITIS.—A catarrhal inflammation of the pharynx,

either acute or chronic, the symptoms of which present some analogy to those of laryngitis. This differentiation is more or less a scientific fad as it is impossible for the pharynx alone to be affected without the adjacent organs suffering, often to an equal extent.

The acute form of the disease begins with a copious discharge from the nostrils; the mouth, nose and throat are inflamed; the throat feels dry and irritated, and there is more or less difficulty in swallowing—in fact all the symptoms of a severe cold coupled with a sore throat are present. The nose becomes completely obstructed. There is ringing in the ears, and the continual mouth-breathing accentuates the dryness and inflammation of the throat.

In *Chronic Pharyngitis* the inflammation and copious discharge are lessened. But there is considerable huskiness, throat irritation and discharge of viscid and purulent mucus. The voice is weak and soon tires, and an attempt to speak for a protracted period results in pain and soreness. Mouth breathing is the result, during the waking as well as the sleeping hours. On awakening there is a considerable collection of mucus in the throat and nostrils and the effort to dislodge this often results in nausea and vomiting. The inflammatory dryness of the throat and nose is liable to extend to the eustachean tube and middle-ear, seriously impairing the hearing and producing chronic deafness. It is possible for chronic pharyngitis to develop and become a permanent condition before the general health deteriorates to any serious degree. Constitutional measures can alone be depended upon to eradicate all tendency to this form of nose and throat trouble.

Treatment. The main factors of treatment are measures for purifying the blood and of building up and increasing the vitality so that the organs are enabled to perform their work in the way that Nature intended them. Special attention must furthermore be given to the various channels of elimination.

As a preliminary, the alimentary canal should be thoroughly cleansed; a fast of moderate duration being

recommended for this purpose, Fasting Regimen No. 3 being the most satisfactory. The copious drinking of water advised in this regimen will not only help cleanse the stomach during the fast, but will assist in purifying the blood and aid in rapid elimination in other ways.

When beginning the fast, drink several glasses of hot water in which has been dissolved a level teaspoonful of salt. Also a full enema should be taken and one thereafter every day or two as long as the fast is in order. Activity of the pores of the skin may be aroused by means of cold wet sheet packs given once a day. Where, however, the patient complains of chilliness, or where the hands and feet are cold, a hot blanket pack is better. It will also be of advantage to apply hot packs to the throat; yet if there is much fever, cold packs will be better. In the latter case, also, it is well to let the patient swallow small pellets of ice, alternated with sips of cold water. The water may be flavored with lime juice or honey to make it more acceptable and tempt the patient to take large quantities of it. It is essential that the patient have a supply of fresh air and if he cannot be out-of-doors, the windows of his room should be kept wide open by day and by night.

During the day, a spinal pack combined with Physcultopathic Treatment A will be found to be of advantage, provided that the strength of the patient is taken into consideration with the use of the treatment.

Fasting should be continued until the acute symptoms have disappeared, after which, a little fruit or fruit-juice may be permissible. Partial Fasting Regimen No. 8 or 9 may be used for a day or two after a strict fast, then the patient will be ready to take up exclusive Milk Diet No. 32. If he is of good weight and has fine powers of assimilation, a gradual return to ordinary foods will be permissible. A general vitality-building regimen should be adopted, special attention being paid to walks in the open, air baths and sun baths.

PHIMOSIS.—*Constricted prepuce.* See Vol. V.

PHLEBITIS.—See *Veins, Inflammation of.*

PHLEGMASIA.—See *Puerperal Fever.*

PHTHISIS.—See *Consumption.*

PILES.—See *Hemorrhoids* (p. 2104).

PLAGUE, BUBONIC.—*Symptoms.* This is a virulent epidemic disease, usually fatal in character, which in the past has visited nations with disastrous and terrible effect. The Black Death of the Fourteenth Century, which is said to have been responsible for the death of about one-fourth of the entire population of Europe, was this same disease. It is native to the interior of Asia and India where hygiene of the simplest kind is either ignored or unknown.

The characteristic symptoms of this disease are glandular swellings in the groin, the neck and under the armpits. There are two forms of the malady—the Bubonic proper and the Pneumonic. In the case of the former the swellings are always present; in the latter, they are rarely or never seen; instead there is a severe pneumonia. When the glandular swellings suppurate externally, there is a slight hope of recovery. When, however, the suppuration fails to develop or when the discharge takes place internally, death ensues from blood-poisoning. The usual symptoms of fever are present, such as high temperature, shortness of breath, heavily laden urine and rapid pulse. It is said by medical authorities that there are about eight to ten per cent. of recoveries in the Bubonic and even less in the Pneumonic form.

Treatment. In view of the rapidity with which this malady develops and the usually fatal termination which takes place within twenty-four hours to a few days from the first symptoms, it is difficult to formulate a treatment that shall be effective in an emergency such as represented by a case of Bubonic plague. Prevention rather than an effort to cure, is the only effective method of fighting the malady. This prevention must take the form of internal and external cleanliness. There must be a close observance of the laws of hygiene as they are applied to one's environments, diet, clothing, exercise and ventilation. Given these, and the steps necessary to insure the normal actions of the organs, one need not fear this plague or indeed any other disease.

Those Europeans who have lived amid the plague in eastern countries—the allusion being made more particularly to missionaries and medical men—have taken the precautions just recited and have emerged unscathed where thousands of the natives who were strangers to hygiene died almost daily. An American physician employed by the government of Siam to blot out the plague, told the writer that drugs were useless in its presence, and that the only means for inducing a recovery were those of a natural sort. The truth is, that until the people of the East are educated in regard to the value of hygiene and physical culture, they may look for periodic visitations of this disease.

The treatment must be of a radical sort to the end of inducing immediate results. There should be a cleansing of the alimentary canal by means of full enemas. The patient should first be placed in hot dry packs, these being followed by quick and cold ablutions. Later, cold abdominal bandages should be applied and changed half-hourly. If the patient becomes comatose a hot blanket pack for twenty minutes followed by a prolonged hot bath will be valuable. The drinking of water in large quantities is important.

Pure air is absolutely essential in connection with this disease; if the patient cannot be kept out-of-doors, the windows of the room in which he is must be wide open. Closed windows may induce the pneumonic form of the disease; that, as has been said, is usually fatal. Fasting during the acute stages of the disease is absolutely necessary, in accordance with the severity of the attack and the condition of the patient. A breaking-fast regimen should then be adopted, determined by the length of the fast, followed by Milk Diet No. 32.

With convalescence, air baths, dry friction baths and sun baths will be of great value and, simultaneously, the patient should adopt a general vitality-building regimen suited to the condition in which the disease leaves him.

Plethora.—This is an apparent excess or superabundance of blood, characterized by abnormal fullness of the blood-vessels. It usually gives one a florid aspect and the patient is often

subject to congestion of blood in the head. *Serous Plethora* is a condition characterized by excess of serum in the blood.

Treatment. This condition is the reverse of anemia, as one might say, and is often the result of persistent over-eating, for which reason the patient should adopt a two-meal-a-day plan instead of three meals a day, or perhaps one meal a day, in a serious case. A general vitality-building regimen is necessary to promote a normal activity of all functional organs. A condition of this kind is due to imperfect circulation and a failure of the various organs of the body to perform their functions perfectly. Attention should be given to the activity of the bowels in all cases.

Immediate treatment in ordinary cases of plethora may consist of a very limited diet to be chosen from among Diets Nos. 20 to 29, or a fast of several days, the latter plan being preferable. In most cases no further trouble will be experienced if an uncooked diet be adopted thereafter. The victim of plethora in most cases has splendid assimilative vigor and therefore over-eating should be guarded against very carefully. Exercise and outdoor life are important factors in the treatment of this condition. The more exercise the better, thereby consuming the superfluous material in the blood and promoting such activity of all the organs and functions as will bring about a perfect and normal condition of the blood stream. Any form of activity that induces free perspiration is to be recommended, including vigorous athletic pastimes if one is strong enough. If anyone takes enough exercise he may rest assured that he will experience no further inconvenience from this condition.

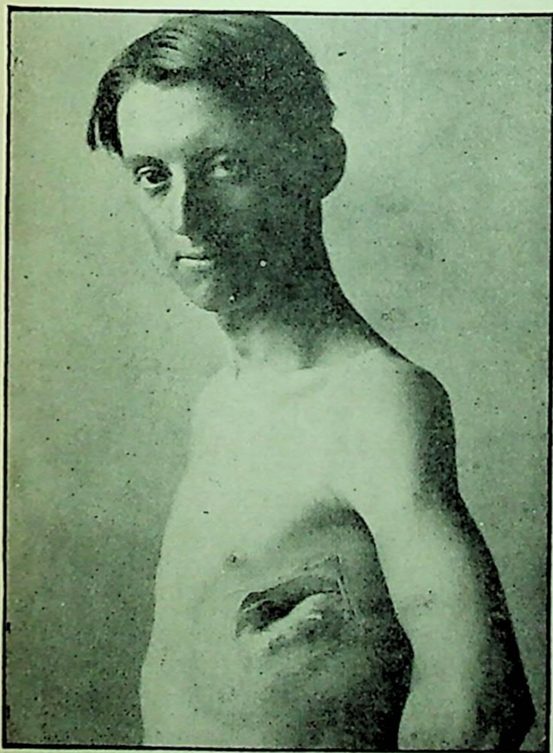
A general vitality-building regimen should be adopted, including air baths, sun baths and all other available health-building measures. There is no objection whatever to a prolonged fast if the patient has the strength and weight to endure it comfortably.

PLEURISY.—*Symptoms.* An inflammatory condition of the membranous sac which covers the lungs; it develops either from a chill, exposure, or inflammation in the neighboring

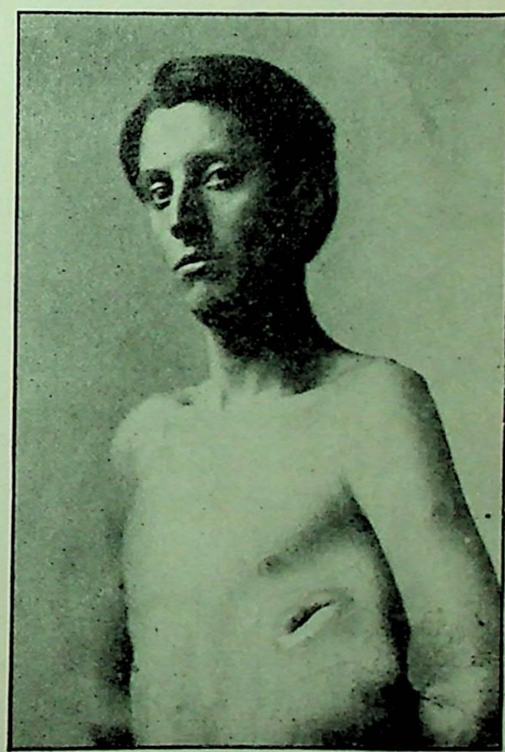
organs, such as pneumonia or tuberculosis, or a severe attack of bronchitis, doubtless the result of over feeding—when the waste-laden blood deposits its excess in the pleura we have "pleurisy." When in the bronchi, we have "bronchitis," when in the lung-tissue itself, we have "pneumonia," etc.—this shows their fundamental nature, course and cure.

The first symptom of pleurisy is a severe pain just under the shoulder blade at the back. With each inhalation a stabbing-like sensation is experienced with marked difficulty in breathing. The patient is inert and pale. A troublesome cough intensifies the pain in the lungs. With the development of the disease the temperature rises and the urine becomes heavily laden.

There are two forms of pleurisy—the dry and the moist. The former is by far the more prevalent. In this case there is inflammation and fever lasting several days to weeks but



A sufferer from pleurisy and from a large open wound resulting from an operation for the treatment of fractured ribs.



The same patient after drugless treatment, showing a gain of twenty-five pounds, and partial healing of wound.

on the whole the disease runs a mild course and recovery follows. But when the symptoms become more serious the disease takes the form of what is known as *Moist Pleurisy* a characteristic of which is that, in addition to severe pain and extreme prostration, there is an accumulation of fluid in the plueral sac. The fluid is usually serous in character, but in very severe cases changes to pus, when the condition is called Empyema. The surgical operation of what is known as "tapping the lung," by eliminating the pus, may then prevent a fatal termination. Yet proper constitutional measures at the inception of the attack, would prevent the necessity for such an operation and the possibility of serious consequences.

Treatment. The methods necessary in the treatment of this disease are those that will help eliminative processes. Fasting Regimen No. 1 is recommended for several days in order that waste lymph or serum may be absorbed by the blood and so eradicated from the system. Fasting Regimen No. 2 or No. 3 should then follow and continue until all symptoms of the disease have disappeared, the patient drinking water as freely as he desires. Activity of the bowels may be brought about by a full warm enema once each day. This is a most important factor of the treatment and must not be overlooked.

A hot chest pack should be given two or three times each twenty-four hours; if there is much fever then cold packs should be used instead. If, however, they do not yield relief, replace with the hot. The hot packs will invariably relieve the sharp pain that is characteristic of this ailment.

A plentiful supply of pure air must be given to the patient. An air bath is recommended, though at the first sign of chilliness he must be covered. A hot spinal pack during the day will be of great value in connection with Physcultopathic Treatment A or B. When he is sufficiently vigorous more energetic treatment of this type may be employed. It is, however, important to avoid giving treatment too frequently for the patient must have plenty of opportunity to recuperate perfectly between treatments.

After the acute symptoms have subsided, a little acid fruit

or fruit-juice is desirable if the patient has a craving for it; otherwise Fasting Regimen No. 8 or 9 should be adopted for several days followed by Milk Diet No. 32. As soon as the patient is able to be up and about, he should indulge in such moderate exercise as will not induce too much fatigue. As he gets stronger he should take gradually increasing walks in the open air and adopt other open-air exercises. In short, he should use a general vitality-building regimen by giving special attention to air baths, sun baths and dry friction baths. On returning to the use of ordinary foods, he must be extremely careful not to over-eat. The general methods to be followed by convalescents from this disease should be similar to those advocated elsewhere under the head of Pneumonia.

PNEUMONIA.—*Symptoms.* Pneumonia, or inflammation of the lungs is an acute affection to which persons of all ages are liable. When the victim is apparently in fair health previous to contracting the disease, its cause is usually attributed to exposure of some kind.

At the inception of the attack a violent chill is felt, and the temperature rises. The face becomes flushed, a hacking cough ensues, breathing is short and painful, and considerable pain is experienced in the affected region of the lung. The expectoration consists of a scanty sputum more or less tinged with blood. As the acuteness of the attack increases respiration becomes more labored and the face is tinged with a bluish pallor. The fever, the pains in the chest, and the difficulty in respiration, reach the crisis at about the end of a week. The crisis is characterized by profuse night sweats, drop of temperature, a loosening of the cough, increased expectoration, disappearance of pain and improvement in breathing capacity. With the return of appetite recovery is assured and rapid.

Gangrene, emphysema of the lungs and a tubercular invasion of the lungs are not uncommon after-effects of an attack of pneumonia. Attacks of pneumonia often recur, again and again, in the same individual.

Treatment. The keynote of the treatment of pneumonia is: Radical and effective elimination accomplished by helping

the action of the vital organs and assisting in the necessary physiological changes. Fasting is the most effective method of combating this disease.

The first measure to be adopted is the administration of an enema. A full warm enema should be used and thereafter one every day or two as it may seem necessary. Care must be taken that this does not overtax the strength of the patient. In some cases it is better to give only a small enema. A glass of hot water in which a half teaspoonful of salt has been dissolved, will also be valuable on the score of its laxative influence.

The next step should be the copious drinking of water for the purpose of arousing the activity of the kidneys, and flushing the system in general, thus furthering elimination of the body-poisons. Take this water hot but not so hot that it will prevent rapid drinking. If one can drink three or four quarts in two or three hours, it will help check the attack in the very beginning. Afterwards, the patient should drink water in such quantities and with such frequency as will not induce discomfort. At this stage, the water may be cold if the patient finds it more palatable. The use of a little lemon-juice or grape-juice in the water is to be recommended.

Fasting is essential to the cure of pneumonia. Absolutely no food is to be taken while acute symptoms of the disease are in evidence, for under such circumstances it will only act as a poison and the strain upon the digestive organs may mean a relapse or even death.

Another most important consideration in the treatment of this disease is that of absolutely fresh air. Modern hospitals have recognized the importance of fresh air in the treatment of this disease by placing pneumonia patients either in specially ventilated wards or on the roofs or piazzas of the buildings. In the case of a private patient, if he cannot be out-of-doors, then the windows of his room must be kept wide open and his cot placed in a draft. If he becomes chilled by this arrangement his body must be protected by additional covering, but he must get a supply of air as pure as that out-of-doors.

Where the fever of the disease is very high, the air bath will be of advantage by furthering the activity of the skin and also by reducing the body temperature. Great care, however, must be taken not to chill the patient; at the slightest manifestation of discomfort, additional covers must be used.

After the enema has been administered, a cold sheet pack should be given and repeated thereafter each morning. Before being placed in this pack, the patient must be thoroughly warm, and if necessary a warm bath should be used to this end. If the case indicates a failure to promptly recuperate from the influence of the pack, then hot water bottles should be applied to the feet, legs and hips while he is still wrapped up and hot water should be given him to drink.

The pulse should be watched while the pack is applied. A rise in the pulse is a sign that satisfactory recuperation has taken place. A profuse perspiration should follow and the pack may be continued for one or two hours or until it becomes uncomfortable. It is a powerful means of eliminating the body-poisons and so will prove effectual in almost every instance. If the patient is very weak and the recuperative powers are not in evidence, an abdominal pack should be used in place of the cold sheet pack, in which instance, hot water bottles should be applied to the feet. This abdominal pack may be hot if it is more comfortable to the patient in that form, but if the fever is very high, it should be cold. In the former case it is well to place a hot water bottle over it in order to maintain heat.

If the cold sheet rather than the abdominal pack is given in the morning a hot spinal pack may be taken in the afternoon with advantage. Such a pack invigorates the nervous system and stimulates the functions of the bodily organs. In connection with it, I would advise Physcultopathic Treatment A if the patient is not markedly weak; otherwise, Treatment B, C or F may be used.

If the patient suffers from pain, cold chest packs should be given and may remain in position after he has fallen asleep. When the pains in the lungs are exceedingly severe, hot chest

packs should be employed. These packs may remain in place for two or three hours and their heat may be maintained by hot water bottles. The plan of treatment just described will usually have the effect of checking the disease in its first stages. But if the patient grows weaker for two or three days in succession, the treatment should be modified to conform with the reduction of his strength and of his recuperative powers.

By following this treatment pneumonia really ceases to be a dangerous disease and rapid recoveries may be expected in practically all instances. With the first token of recovery, the patient usually develops a distinct appetite. The fast which has been inaugurated during the acute symptoms of the disease, may be broken by the breaking-fast regimen adapted to the length of the fast. Milk Diet No. 32 should follow. The patient should be encouraged to get up and move about if he manifests a desire to do so. As soon as he is able to do so he should adopt a general vitality regimen suited to his condition and practice it faithfully. For further data regarding this disease I would refer the reader to Chapter V, Vol. III, pages 1695 to 1704. In the chapter mentioned in connection with the discussion of the general treatment of acute diseases I have taken a hypothetical case and presented the details of treatment very thoroughly.

Pneumothorax.—Distention with air or gas of the pleural cavity, sometimes occurring in pulmonary tuberculosis through rupture of lung capacity. Quiet, and heat to extremities required.

Pockmarks.—The pits left by the pustules of small-pox (which see.)

Poisons.—In order that ready reference may be made to this subject when an emergency arises, it is divided into two sections, viz.: *external* and *internal* poisons, and these again are subdivided into the classes or divisions to one of which the various toxic substances belong.

External Poisons. Those poisons that affect the human system from the outside are comparatively few. They include the poison ivy, oak and sumach, stings of insects, snake bite

and the bites of rabid animals; in regard to which last three, see Vol. III, p. 1675-77, also *Hydrophobia,* page 2120.

Poison ivy and the other poisonous plants named, common in America, owe their toxic powers to an odorless transparent oil that is found on the leaves, twigs and bark and is insoluble in water. It is classed among the irritant poisons. The person who comes in contact with the growth, suffers from cutaneous itching, swelling and vesicular eruption. In extreme cases, there may be vomiting, colicky pains, fever and delirium. A portion or the whole of the body may be affected by the eruption.

Treatment. A solution of acetate of lead applied to the itching skin, neutralizing the poison is recommended as a reliable cure by the U. S. Department of Agriculture. The patient should fast while the attack lasts. The free use of the enema, the drinking of large quantities of water, and wet sheet packs, are of value. Very high authorities also vouch for the claim that the irritating oil of poison ivy may be removed in five minutes with thorough scrubbing with hot water and soap.

Internal Poisons. These are many, but only those will be spoken of with which one is likely to come in contact under ordinary conditions of life, or while engaged in certain occupations.

In cases of poisoning in which there is no knowledge as to the nature of the poisons, one should proceed according to the instructions given in Chapter IV, of Vol. III, p. 1672 for *First Aid in Poisoning.*

For the treatment of *chronic poisoning* such as is brought about in the habitual use of cocaine, morphine, laudanum and other poisonous drugs, the reader is referred to my discussion of *Drug Habits.* Poisoning as a result of eating putrid meat or fish, improperly canned vegetables, ice cream which is stale though frozen, or any other decomposing or impure foods, see *Ptomaine Poisoning.*

Of the internal poisons the *irritant type* is perhaps the most common. This includes the Cantharides or Spanish fly that is

used for blistering purposes in many households; decomposed meat or fish (see *Ptomaine Poisoning*); iodine, lead, mercury, phosphorus, caustic potash, caustic soda, etc.

Speaking in general terms, an irritant poison acts on the intestinal tract, setting up inflammation, inducing purging, abdominal pains, vomiting, etc. Other of these poisons, particularly those of the metallic class, produce even graver symptoms, such as necrosis or rotting of the bones and rapid decay of certain tissues.

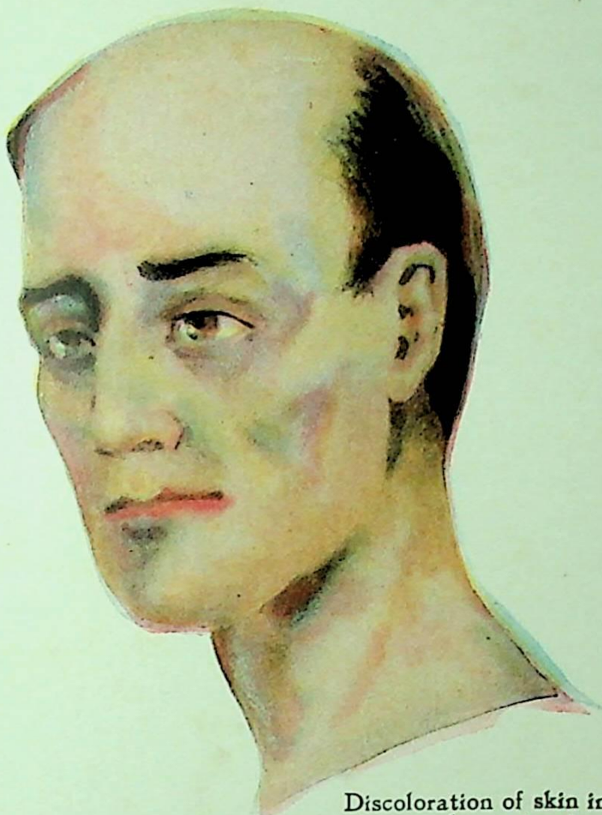
Treatment. With the first named type of irritant poisons, the treatment is practically the same in all cases. Energetic activity of the bowels is brought about by hot enemas; emetics are used; hot water in large draughts is swallowed; this being followed or preceded by demulcent drinks (milk, cream, white of egg, etc.), the object of which is to protect the mucous membranes that have been attacked by the poison.

Chronic lead poisoning is the most common of all ailments due to industrial occupations. It takes place in the case of those whose work necessitates the handling of the metal, or its compounds (e. g. paints.) The lead enters the organism gradually, either through the pores of the skin, through inhalation of its dust, or through the swallowing of fine particles due to personal uncleanliness.

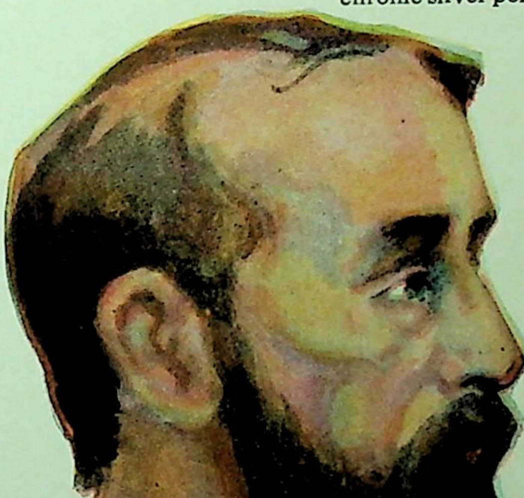
The symptoms of this form of poisoning are constipation, colicky pains in the abdomen, and vomiting coupled with a peculiar pale and leaden hue of the gums, palate and the skin. When neglected, lead poisoning produces severe kidney disorder, the eyesight is seriously affected, often ending in blindness, some nerves become paralyzed, and death follows with the attendant symptoms of blood-poisoning.

Treatment. The sufferer, if he has been following an occupation which calls for the handling of lead, must discontinue it at once. Thereafter the cure depends upon the various blood-purifying processes that have been described at length in these volumes. Fasting Regimen No. 2 is to be advised in all cases, however. If normal, or above normal weight the fast might be continued for from one to two weeks with

PLATE H—Chronic Poisoning



Discoloration of skin in chronic silver poisoning.



Discoloration of skin in chronic lead poisoning.

benefit. Milk Diet No. 32 thereafter is recommended in practically all cases of this disease. The patient should take all the milk he possibly can, for the purpose of flushing the system and thus assisting in eliminating the poison from the blood. Should the patient waken during the night, a glass of milk may be used with advantage. Where Milk Diet No. 32 cannot be adhered to, use Milk Diet No. 36.

Every available means for stimulating the vital energies is recommended. Physcultopathic Treatment F or G is excellent in this connection. If the patient is strong, Physcultopathic Movements M and N could be used, Series N in the morning and M in the evening. A vitality-building regimen adapted to the strength of the patient should be followed in detail. Exercises of all kinds adapted to the strength of the patient are especially advisable. Long walks, and the lighter forms of athletic recreations will prove to be of much benefit. Wet sheet packs may be used with advantage. Steam baths are also of value twice a week or daily warm baths, lasting from half an hour to an hour, while following the milk diet. However, when warm baths are used, wet sheet packs must not be applied. A patient is not capable of recuperating from more than one or two vigorous treatments during one day, and hence I would warn the reader against an excess of treatment.

Mercurial Poisoning is not infrequently produced by the "regular" method of treating a case of syphilis, by which the patient is given huge doses of the salts of mercury, either in a liquid or solid form. The harm done to the victim by such treatment is sometimes in excess of that wrought by the disease that it is supposed to cure. See *Syphilis*.

Mercurial poisoning may also result from the inhalation of the fumes of the metal by those whose occupation renders them liable to such. The symptoms in both cases are identical. They take the form of red and swollen gums which bleed at the slightest provocation; the teeth become loose, and in severe cases, ulceration of the gums and inflammation of the jaw follow. The patient complains of a metallic taste. There is an excessive flow of saliva. The hands and limbs are subject to

a peculiar tremor which cannot be controlled and may also involve the face and tongue. The patient usually suffers with diarrhœa, and the stools often are bloody.

Treatment. With mercurial poisoning, substantially the same general methods of treatment can be followed which have been advised in the case of lead poisoning. In eliminating these poisons from the system, the treatment must be such that the depurating organs are aroused to a high degree of activity.

Milk Diet No. 32 or No. 36 is as valuable in this instance, as in a case of lead poisoning.

Activity of the alimentary canal is absolutely necessary in the treatment of this malady. Enemas can be used with benefit, though the full enema must be avoided except in cases of extremity. Where an enema seems necessary, use as small a quantity of water as possible in order to bring about the results desired, gradually decreasing the quantity each day until the bowels have resumed their normal action.

Exercises of all kinds, with a view of accelerating the activity of the eliminating organs and for the purpose of adding to the general vitality, can be especially recommended. Various means of inducing profuse perspiration are most valuable; notably wet sheet packs, steam baths, and hot water baths. Where the milk diet is impracticable, then some limited diet that is sufficient to keep up the strength, weight and endurance is essential. See Vol. III, p. 1728-30.) The free drinking of water is, of course, necessary where a milk diet is not followed.

Opium Poisoning. Chronic opium poisoning is the result of the habitual and excessive use of this drug. The symptoms which arise are loss of appetite, constipation, headache, sleeplessness, restlessness and depression alternated with unnatural irritation and excitement. The pupils are contracted. These are the physical signs. Mental impairment also shows itself in loss of will-power, inability to concentrate, neglect of all duties, a total disregard of truth—until ultimately the victim, having lost all power of reasoning and all mental control, be-

comes hopelessly insane. For detailed treatment see *Drug Habits*. See also *Narcotic Poisons*.

Phosphorus Poisoning is peculiar to those engaged in the fabrication of matches or in any other trade in which yellow phosphorus is used in the manufacturing process.

Acute phosphorous poisoning is characterized by a jaundiced skin, vomiting, diarrhœa, marked tenderness in the region of the liver, and by symptoms of acute inflammation of the kidneys.

The chief symptom of chronic phosphoric poisoning is the necrosis or decay of the jawbone and of the teeth. As in all other forms of poisoning, the face becomes pale and drawn, the skin of an unwholesome hue, there is languor and depression, and often disturbances of the digestive tract. Unless the necrosis is at once attended to by removing the cause, an operation ultimately becomes necessary.

Treatment. The same suggestions given in the treatment of lead and mercurial poisoning may be followed with advantage. The cure of the disease depends upon the purification of the blood and the necessary stimulation of the vital organs and functions of the body.

The *Corrosive Poisons* of the more common kind include tartar emetic, ammonia, carbolic, hydrochloric, nitric, oxalic, salicylic and sulphuric acids; acetanilid, antipyrin and phenacetin, which trio of poisons form the basis of the majority of so-called "headache powders"; arsenic, usually in the form of paris green, some salts of zinc, and so forth.

Symptoms. These resemble the symptoms produced by the irritant poisons, but are more pronounced. There is invariably acute pain in the digestive and especially the intestinal tract; vomiting, feeble pulse, clammy skin, violent purging, cramps, collapse and often death. Sometimes there is suppression of the urine and constriction of the throat and vertigo.

Treatment. Emptying the stomach with a stomach pump, or stomach tube and syphon, will be most advantageous, but owing to the fact that these things are not usually found in the average household, in most cases immediate emetics should

be given. Lukewarm salt or mustard water would perhaps accomplish this in a measure, but it would be best if these emetics contained some albuminous liquid, preferably milk, or milk with eggs beaten up. Vomiting, if not spontaneous, may be induced by tickling the throat with the finger. After the stomach is thoroughly emptied the patient should drink large quantities of albuminous liquids, to be retained. The white of egg is better than the whole egg. The latter stirred up in milk will form a good and satisfactory remedy in practically all cases.

Full enemas of hot salt water (115 degrees Fahr.) will be valuable not only to evacuate the colon but to stimulate the kidneys. A number of enemas may be given successively followed by a hot sitz bath or abdominal pack. The greatest possible activity of the skin is necessary, and a hot blanket pack or full hot bath will be of great value in serious cases. The purest supply of air will also be necessary. Where there is constriction of the throat, hot compresses renewed every two or three minutes should be applied to this part. The extremities should be made warm by hot water bottles applied to the feet and legs, if necessary, and given in conjunction with the hot blanket pack. When the immediate crisis has been passed, the patient may drink hot water freely instead of the milk, but always he should have pure air. He should not attempt to eat until all signs of the trouble have completely vanished, whereupon a milk diet will probably prove most satisfactory, at least for a time.

The *Hydrocyanic Poisons* have but two representatives with which the average person is likely to come in contact and these are hydrocyanic acid or, as it is generally known, prussic acid, and potassium cyanide. This poison is used in the process of silver plating and in one or two of the arts. The acid is also found in minute quantities in the kernels of stone fruit, such as plums, peaches and cherries. The characteristic odor of almonds which these kernels have, is due to the presence of the poison. Deaths among children due to their having eaten greedily of the kernels of the wild cherry, have been reported.

Prussic acid is the most deadly of all known poisons, the inhalation of the pure fumes causing instant death, while a couple of drops of its liquid form will prove equally fatal.

Symptoms. Almost immediate loss of consciousness, spasms, rigidity and general paralysis, including respiration and heart. The patient's breath smells strongly of the odor of the poison.

Treatment. Owing to the extremely deadly and violent nature of this poison, extreme measures are necessary. For this reason such a radical remedy as ammonia may be recommended, though in a very diluted form. A few drops of ammonia in a glass of water will be effective, though beyond this it will be best to proceed as in most other poisons, with the administration of milk and eggs to be used as emetics. These should be given without loss of time; otherwise asphyxia may result. In this case artificial respiration must be resorted to, at the same time pulling the tongue forward and out of the mouth, to keep the air passages open. The extremities must be kept warm, while hot and cold packs should be applied alternately to the spine. If possible, complete immersion in hot water from 110 degrees to 115 degrees Fahr., followed by a cold douche, or cold affusions of the spine, should be given. Beyond this immediate plan of treatment, proceed as in other cases of poisoning with full enemas, hot wet sheet packs, the copious drinking of albuminous liquids, fasting and a free supply of fresh air.

Cyanide of Potassium has been much discussed as a poison because of its connection with many suicide and murder cases. It produces certain changes in the blood, such that the red corpuscles are unable to give up the oxygen which they carry. Death usually follows in a few minutes. The victim usually cries out in anguish, falls and dies very quickly, though with a smaller dose there may be nausea, vomiting and difficult breathing, followed by lockjaw and convulsions, and finally coma, ending in death. If the patient can survive this state of coma or be aroused from it, he should recover with proper treatment.

Treatment should consist of immediate emetics to induce vomiting, followed by a full hot bath. Cold douches to the upper spine may also be applied while sitting up in this hot bath. If coma supervenes, hot blanket packs are recommended alternated with hot and cold packs to spine. Beyond this, proceed as in other cases of poisoning.

The common *inebriant poisons* include alcohol (see *Alcoholism*) camphor and harmful fungi (mushrooms) or toadstools. Death from these poisons is due to paralysis of the heart.

Symptoms. Confusion of thought, vertigo, flushing of the face, disturbance of vision, delirium, sometimes but not always, vomiting and purging, heart failure.

Treatment in cases of this kind should include immediate administrations of emetics (lukewarm salt water will suffice) repeating until the stomach is well emptied, after which the continued drinking of hot water frequently and in large quantities is imperative. Full hot enemas should also be given immediately—three or four in succession, and the patient should retain the last one. Following this immediately the hot blanket pack will be effective in eliminating the toxins that have already entered the blood stream. Fresh air is necessary and the patient should avoid food until all symptoms have disappeared, always continuing to drink water. The hot blanket pack may remain for two or three hours followed by a quick cold douche. Several hours thereafter hot abdominal and spinal packs may be used.

The *Deliriant poisons* include belladonna (deadly nightshade) and its allied poisons, atropin and homatropin, and cocaine. (See also *Drug Habits.*) The first two poisons are commonly prescribed by oculists for certain maladies of the eye, and hence are to be found in many households.

Symptoms. There is heat and dryness of the mouth and throat; suppression of saliva, thirst, dilated pupils, flushed face, delirium. Cocaine produces faintness, nausea, prostration, slow and feeble respiration, small, rapid and intermittent pulse.

Treatment. Treatment in cases of this kind is the usual

method of cleansing the alimentary canal, including emetics, free drinking of hot water and enemas. Hot blanket packs, with special care in getting the extremities warm, should be used in the beginning for two or three hours, and three or four hours thereafter hot spinal packs and hot abdominal packs.

The *Narcotic poisons* include opium, morphine, laudanum narcein and codein. No small proportion of the habitual users of these drugs are made such by medical prescriptions that contain the poisons in larger or smaller quantities. The craving thus created remains when the trouble has passed for which the drug was prescribed in the first instance, and a "dope-fiend" is the result. (See *Drug Habits.*)

Symptoms of Acute Narcotic Poisoning. Increased heart-beat, headache, contracted pupils, mental excitement followed by intense sleepiness from which patient can be roused with difficulty or not at all, sensation of weight in limbs, jaws falls, respiration is irregular and stertorous (snoring), pulse weak and compressible.

Treatment. In a case of acute poisoning due to any of the aboved named poisons the treatment should involve radical eliminative measures affecting the alimentary canal, kidneys and skin. The patient should be kept awake by all means, and forced to walk; if necessary he must be supported on both sides and kept moving. If there is nausea, it is best to give emetics to empty the stomach, after which the patient should drink large quantities of hot water. Enemas should be used freely at first and immediately thereafter a hot blanket pack lasting from one to two hours will be of advantage. Simultaneously with this, cold packs to the head will be of great value, especially when there is much mental excitement. It is particularly important to insure warmth of the extremities. If the hot blanket pack seems too strenuous and there is fever, a cold wet sheet pack may later be used instead. Three or four hours after, either a cold or hot abdominal pack may be given, and two or three hours following this, a hot spinal pack with Physcultopathic Treatment A or B. Absolutely pure air is essential.

The *Anesthetic poisons* of common occurrence are Chloroform and Ether.

Symptoms. Insensibility and relaxation. Sometimes the stage of insensibility is preceded by excitement and a sense of strangulation, especially where ether is concerned.

Treatment. Artificial respiration should be the first step in a case of this kind, though care should be taken either to place the patient out-of-doors or in a draught so that absolutely pure air may be available. The extremeties should be warmed by rubbing, and also by the application of heat. Alternate hot and cold packs should be made to the spine provided artificial respiration does not produce results and, of course, in connection with the latter. A powerful vital stimulant may be found in hot applications over the heart. After consciousness is regained, proceed as with other poisons.

The *Asphyxiant poisons* that usually endanger the life or health are coal-gas, the carbon dioxide or carbon monoxide produced by burning charcoal, and the by-products of human lungs in poorly ventilated rooms.

Symptoms. Headache, giddiness, loss of muscular power, dilated pupils, labored breathing and unconsciousness.

Treatment. In most cases artificial respiration is desirable to insure satisfactory breathing, in some cases absolutely necessary. A draught of pure air in the room is essential, if indeed the patient cannot be placed in the open air.

The extremities should be made warm by rubbing and the application of heat, while alternate hot and cold packs should be applied to the spine. The occasional dashing of cold water over the region of the heart and the entire chest will also be valuable as a means of arousing the respirative function. (See also *Asphyxia,* Vol. III, p. 1652.)

The *Abortive poisons* include ergot and tansy. Ergot is a parasite or "smut" of rye. It was sometimes found in rye flour of poor quality, but of late years owing to improved forms of grain cleaning machinery, cases of poisoning from this cause are of rare occurrence. Both the poisons named are sometimes used by women in attempts to induce criminal abortion.

Symptoms. Cramps in the extremities; dizziness, dilated pupils, vomiting, diarrhœa, pulse full and gradually failing.

Treatment. Symptoms of these poisons indicate the necessity for radical cleansing and emptying of the alimentary canal. Repeated emetics, therefore, are necessary until the stomach is apparently empty, after which the sufferer should drink large quantities of hot water and continue this until all symptoms have disappeared. Full hot enemas are also necessary and should be repeated frequently. A hot foot bath with cold applications to the head and upper spine will be effective in many cases, though in a serious case a cold wet sheet pack or hot blanket pack should be applied. In any event, special pains should be taken to warm the extremities.

Two or three hours after the pack mentioned, alternate hot and cold spinal packs may be used. No food should be given until all symptoms have disappeared.

The *Paralyzant poisons* are represented by the common hemlock and scarcely a summer passes without a record of children who have fallen victims to the plant. It was by a cup of a decoction of hemlock, that the Greek philosopher Socrates came to his death.

Symptoms. Weakness of the lower limbs; loss of voluntary power, pupils dilated, loss of sight, inability to swallow, paralysis of heart and respiration.

Treatment. Artificial respiration will be necessary in the treatment of extreme cases. If it is possible to swallow, emetics of lukewarm milk and eggs should be given until the stomach is empty. If the patient is unable to swallow, a stomach tube or stomach pump should be used. If none of these is available, full hot enemas should be given and the patient should immediately after be placed in a full hot bath, temperature 115 degrees Fahr. or in a hot blanket pack of the same temperature. Artificial respiration may be carried on while the patient is in this pack. Even if he can breathe, immediate artificial respiration will help him greatly. The air must be absolutely pure. Special pains should be taken to warm the extremities, using hot water

bottles applied to feet and legs for this purpose. The hot blanket pack may be continued for one or two hours. A couple of hours afterwards hot spinal packs or alternate hot and cold spinal packs will be of value, combined with Physcultopathic Treatment A or B. As soon as the patient is able to swallow he should drink large quantities of hot water continuously until all symptoms have subsided. No food should be allowed.

Depressant poisons include tobacco (nicotine) and foxglove or digitalis.

Symptoms. In acute poisoning there is nausea, vomiting, weak pulse, clammy skin, pupils contract, then dilate. In the case of digitalis there is purging, lethargy, delirium and coma.

In chronic tobacco poisoning the patient shows exaggerated, irregular heart action and tremor; partial or total blindness, and Bright's Disease may develop; there is usually marked tremor. See also *Tobacconism*.

Treatment. Full hot enemas together with emetics where the patient is conscious, followed by the drinking of great quantities of hot water. When unconscious, hot enemas should be given immediately, followed by a hot blanket pack. This may remain for two or three hours, paying special attention to keeping the extremities warm, using hot water bottles on the outside of the pack. As soon as consciousness is regained, the patient should drink water as suggested. Two or three hours later hot spinal packs combined with Physcultopathic Treatments A and B should be given. Two or three hours later a hot abdominal pack may be applied. Outdoor air or its equivalent is imperative.

The Convulsant poisons include nux vomica and its derivative, strychnine.

Symptoms. Tetanic convulsions at brief intervals, eyeballs prominent, pupils dilated, respiration impeded, pulse feeble and rapid, mental distress.

Treatment. Immediate emetics of milk and eggs repeated until the stomach is apparently cleansed after which continue to drink warm milk with white of egg in large quantities, to

be retained. After several hours, the free drinking of hot water may be substituted. Full hot enemas should be used, preferably containing some milk. After two or three enemas, hot blanket packs should be given with cold applications to the head. This pack should remain from one to two or three hours. The feet, especially, should be warmed with hot water bottles. After the pack, cold affusions to the spine. If respiration is too feeble, artificial respiration should be adopted.

POLIOMYELITIS.—Inflammation of Spinal Cord.

POLIOMYELITIS, ACUTE ANTERIOR.—See *Infantile Paralysis.*

POLLUTION.—Introduction of filthy or contaminating matter, such as sewage or excreta. Spoken commonly of drinking water thus made unwholesome.

POLYPUS.—A swelling or tumorous growth, occuring in the nasal passages, larynx, rectum or uterus. See *Nasal Defects, etc.*

PORRIGO.—See *Scalp, Diseases of.*

POTT'S DISEASE.—See *Spine, Diseases of.*

PREGNANCY, DISORDERS OF.—See Vol. V.

PRIAPISM.—See Vol. V.

PRICKLY HEAT.—*Symptoms.* An inflammatory condition of the skin common in hot weather and due to a clogged condition of the pores and glands, aggravated by superfluous clothing. The surface of the skin becomes covered with small red pimples that finally form minute blisters with accompanying tenderness and soreness. Generally makes its appearance on the throat, waist and feet.

Treatment. As a general rule this complaint is quickly eradicated by methods such as we employ. The treatment must be of a constitutional and eliminative nature. Among the first of the measures necessary to accomplish a quick cure, is the use of the enema. If there is any tendency to constipation, an enema will increase the activity of the alimentary canal. The free drinking of water is also recommended.

To promote activity of the skin, cold, wet sheet packs should

be used each morning and allowed to remain in place for three or four hours or until the discomfort of the patient demands their removal. In many cases, a steam bath will be found to be of great value by inducing copious perspiration and thus eliminating the impurities from the system. Indeed any form of sweat bath is to be recommended.

Air baths and sun baths are also of much value in this connection. If the patient is not able to take complete air baths, then the less clothing that he wears in the sunlight, the better it will be for him. If the patient is able to take cross-country runs or any other vigorous exercise he should do so. A limited diet for a few days will be helpful in a case of this disorder. The patient may choose from among Limited Diets Nos. 20 to 25, after using which, he may gradually return to ordinary foods but must be careful not to surfeit himself.

In most cases it will be found easier to fast than to adopt a limited diet. The former method is to be preferred in all instances, on the score of its bringing about a more rapid recovery than when food is taken in even limited amounts. Therefore Fasting Regimen No. 3 may be adopted for three to seven days, after which use Breaking-Fast Regimen No. 16.

PROLAPSUS.—Falling down of parts. See *Anus, Rectum, Vagina*, *Womb;* also *Prolapsus of Stomach*.

PROSTATE GLAND.—*Diseases of*. See *Prostatitis,* also Vol. V.

PROSTATITIS.—*Symptoms*. An inflammatory condition of the prostate gland, usually the result of an attack of gonorrhea. The ailment is characterized by severe pain, much difficulty in urination, and a swollen condition of the part affected. An abscess often forms that sometimes bursts externally, but occasionally discharges into the urethra or the rectum, in which case the painful character of the ailment is emphasized.

Treatment. This disease is in every instance due to an unhealthful constitutional condition, although local treatment of a proper sort is invariably productive of satisfactory results.

Yet permanent changes for the better can only be obtained by a treatment which will remove from the blood the impurities that are seeking an outlet in the tissues of the prostate.

I would therefore advise Fasting Regimen No. 3 for from seven to thirty days, the period depending upon the general vitality of the patient. As a rule, the longer the fast, the more speedily will the cure be effected. Use a breaking-fast regimen that is adapted to the length of your fast. A milk diet is not especially recommended unless there is assimilative trouble and the weight of the patient is much below normal. Where a milk diet is used, it may be taken for three or four days in succession, and thereafter a limited diet, such as is described in No. 20, 25 or 28. This latter diet should be taken for some weeks. If it is found, however, that the weight and strength are not properly maintained thereby, a milk diet may be substituted for four or five days when a return may be made to the limited diet.

The plan of the treatment is to use as little food as possible and yet maintain weight, strength and endurance. Activity of the bowels is especially important, and in many cases a full hot enema should be one of the first steps in the treatment, repeated thereafter as may be necessary.

It may be added that any one of the raw diets or salad diets that appeal to the appetite of the patient will be in order for a few days if desired.

Hot and cold sitz baths taken in the morning and evening will assist recovery. A pack is also of much value if applied at night and allowed to remain until morning; or a wet towel placed around the affected part will sometimes prove to be of material aid. The free drinking of water is especially advised.

As a rule, recovery is comparatively slow. It may be hastened by continuing the fast for a long period, but it is well to remember that the fast may be so prolonged that one's health may suffer. Discretion must therefore be used in this connection.

If the patient is physically strong, Physcultopathic Movements M or N are of value, using the former in the morning

and the latter at night. Physcultopathic Treatments F and G will also prove to be of much benefit.

Proud Flesh.—(Granulations.) Wart-like formations on healing wounds, to be treated by steam and cool compresses or affusions.

Prurigo.—An inflammatory skin disease of childhood. See *Skin, Diseases of*.

Pruritus.—Itching of the skin, probably of nervous origin. See treatment under *Skin, Diseases of*.

Psora.—See *Psoriasis*, also *Scabies*.

Psoriasis.—(Dry Tetter.) *Symptoms.* This is a chronic skin disease of an inflammatory type characterized by an eruption in which white scales resembling mother of pearl are found upon a red base. The lesions are absolutely dry and the red areas are sharply defined, differing from eczema in that the latter is moist and the patches fade away into the surrounding areas. In eczema there is extreme itching while in psoriasis it is absent and upon removing the shiny scales a red bleeding surface is found.

Treatment. Although the medical profession do not seem to know the cause of this disease, we may be certain that it is the manifestation of impurities in the blood seeking an outlet. The treatment, therefore, should be of a rigidly eliminative nature together with constitutional measures for building vitality. By way of local treatment probably the best measure is the use of steam; if this is applied it will be found very effective. The steam will loosen the scales and facilitate their removal, leaving the surfaces and tissues in an antiseptic condition favorable to prompt healing.

In an extreme case I would recommend prolonged hot baths at a temperature of 100 degrees to 102 degrees Fahr., the patient to remain in this bath for three or four hours every other day. On alternate days, use a hot wet pack for several hours. Both of these treatments should be followed with cold ablutions, showers, or affusions to restore tone to the bloodvessels and tissues.

Outside of these local treatments, the patient should

practice the free drinking of water. To insure activity of the bowels, use enemas. He should live out-of-doors, use air baths, dry friction baths and sun baths, take long walks and such other general exercise as may be suited to his condition. In many cases a strict dietetic regimen may be necessary. In most instances, a partial fasting regimen or a limited diet will suffice, but in more serious instances, a short fast followed by a limited diet in the case of one who is strong and of full weight, or the exclusive milk diet in the case of one who is lacking in both weight and vitality will be called for. I would suggest Fasting Regimen No. 3, followed by Breaking-Fast Regimen No. 16; and later by a milk diet or a return to the use of ordinary foods, according to the requirements of the case.

PTOMAINE POISONING.—*Symptoms.* This term is applied to the internal production and absorption of a virulent poison derived from decomposing foods. It must not be forgotten in this connection that foods which might be harmless to a healthy digestive tract, may sometimes produce all the symptoms of ptomaine poisoning in the case of an alimentary canal that is burdened with effete matter and whose eliminative powers are consequently of a weak order.

The general symptoms of ptomaine poisoning are nausea, vomiting accompanied with diarrhœa, the sufferer feels weak and tired, his skin becomes dark and the eyes are dilated, while black rings appear below them. In severe cases, there is much vertigo, the temperature rises, breathing becomes difficult, there are twitchings and convulsive seizures especially of the abdominal muscles, and unless prompt measures are taken to evacuate the abdominal tract and rid the blood of the toxic principles that have obtained lodgment therein, it is possible for the malady to terminate fatally.

Treatment. Immediate and stringent measures are called for in the treatment of this ailment. As a preliminary, every effort must be made to remove the poisons from the alimentary canal. The instinctive efforts of the body to rid itself of the cause of the trouble by vomiting, diarrhœa, etc., indicate very plainly the nature of the remedial treatment required. It

should therefore be our purpose to assist the body along this line. Not only should the vomiting be encouraged, but emetics must be taken until the stomach is absolutely empty. Lukewarm water mixed with salt or mustard in the proportion of a teaspoonful to a glass, will answer perfectly. If the condiments are not at hand, water of an ordinary temperature should be taken in quantities and vomiting induced by tickling the top of the throat with the finger. Lukewarm water is always to be preferred for this purpose.

Full enemas should be given immediately at the first sign of the trouble in order to promote the activity of the alimentary canal. Several of these may be given in succession after the beginning of the treatment, and when the symptoms have subsided somewhat, one or two may be administered daily until full recovery has been attained. Immediately after the stomach has been emptied and the enemas have been used as directed, the patient should drink copiously of hot water, but it must not be so hot that it cannot be imbibed rapidly and in large quantities. An occasional glass of hot salty water will also serve as a laxative, and will further increase the activity of the bowels. Where the case is extremely serious, from two to four tablespoonfuls of sterilized sand—using the rounded grains, never those with the sharp edges—may be swallowed anJ will be found to be of great value. (See Vol. III, p. 1291.)

In addition to cleansing the alimentary canal, other measures should be used to eliminate the toxins that have been absorbed by the blood. The drinking of hot water, as already suggested, will be very helpful in this connection, because of the increased activity of the kidneys and of the skin which it brings about. Full enemas, taken hot (115 degrees Fahr.) will likewise urge the kidneys to increased effort. As a further means of stimulating the activity of the excretory powers of the skin, steam cabinet baths are recommended; but if these are unavailable, or if they prove to be too great a tax upon the vitality of the patient, then wet sheet packs should be used instead. These should be kept in position for at least

two or three hours at a time, or as long as the patient can endure them without too great discomfort. In most cases the packs will exercise a soothing and restful influence on the patient, but if the latter does not quickly recuperate after their use, hot water bottles should be applied to his feet, legs and hips, after he is wrapped in the pack. A few hours later, a hot spinal pack or hot abdominal pack may be used with advantage to stimulate the nervous system and vital functions of the body.

It is well to note that if the patient is very weak, a hot spinal pack is to be preferred to the abdominal pack. If there are twitchings or spasms of the abdominal muscles at any time, however, the hot abdominal pack should be applied immediately. A hot sitz bath is most effective in assisting in recovery, provided that the patient is able to move about. If the patient survives for a day, it may be concluded that the danger of a fatal termination of the case has passed, at least with this treatment.

After recovery is assured and while the patient is still suffering from the effects of the attack, Partial-Fasting Regimen No. 8 or 9 should be used for two or three days, after which a limited diet may be adopted for the same period. It must be remembered, however, that no food whatever must be taken until the dangerous symptoms have totally disappeared. With reference to a limited diet, the patient may choose from among diets Nos. 20 to 29. As he gains strength he should adopt a general vitality-building regimen suited to his condition. He should take long walks every day and spend as much time as possible in the open air. Fresh air is imperative, from the first symptoms of the malady to the end of the recovery.

PTOSIS.—Drooping of eyelid, from thickening or paralysis. Constitutional treatment and massage.

PTYALISM.—Excess of saliva. See *Salivation*.

PUERPERAL FEVER.—*Symptoms.* The name is applied to that form of blood-poisoning which follows infection of the system during or immediately after child-birth, usually through some injury to the female sexual organs. The symp-

toms are swelling of the injured parts, accompanied by severe pain. The temperature rises very high and falls alternately, the head aches acutely, there is loss of appetite and diarrhœa. The patient is restless and sleepless, often unconscious, and the nights are disturbed by copious perspiration.

Treatment of this is similar to that employed in any ordinary form of blood poisoning or fever. Blood-purifying measures are of first importance. (See *Blood Poisoning*.)

The free drinking of water is essential together with the use of enemas. Cold abdominal packs should be used except when the vitality is very low, in which case a hot abdominal pack should be substituted. If the patient has strength enough to take a wet sheet pack for the entire body it should be used for at least six to eight hours or according to the recuperative powers of the patient. Complete recuperation should be permitted, before giving further treatment. The pack will not only relieve the body of the toxins of the disease but will likewise lower the temperature. If the condition is one of great weakness, however, abdominal packs should be used instead.

Pains should be taken to insure absolute cleanliness, and it is well to use only boiled water in connection with abdominal packs. In case of a very high fever, cool small enemas (70 degrees to 80 degrees Fahr.) may be employed. If, in the beginning of the treatment, the patient can drink hot water so much the better, but later cool water should be used in large quantities. Either a complete fast or a partial fasting regimen which permits of the use of acid fruits is advised. For instance, Partial Fasting Regimen No. 8 or 9 should be used. This will be continued until the acute symptoms of the fever have abated, after which Milk Diet No. 32 is to be preferred. As in other fevers, fresh air is a most important factor.

PUFFINESS.—A symptom in certain diseases and an indication of poor circulation. (See *Dropsy,* also *Circulation, Defective.*)

PURPURA.—*Symptoms.* A disease of the skin character-

ized by the appearance of dark red or purplish patches on the body due to subcutaneous hemhorrages. Internal hemorrhage may take place and affect the vital organs.

Purpura generally appears first upon the legs and arms, and may extend to the rest of the body. It is liable to appear without any other symptoms, or it may be an accompaniment of other diseases in which the capillary circulation is obstructed, such as gout, rheumatism, cancer, or any acute infectious disease.

Treatment. The only treatment of any value in this disease is one of a constitutional nature. There must be a radical purification of the blood. The increase of the vigor of the excretory organs is of special importance in this connection, for they will then be able to eliminate the poisonous accumulations in the system that made the disease possible in the first place.

Increased activity of the skin is also an important matter in a case of this kind. If the patient is vigorous enough to take such prolonged and energetic exercise as will induce copious perspiration, this in itself will usually be sufficient to effect a cure in a comparatively short time. Other measures include steam baths once or twice a week, or any other form of baths that induce perspiration. Some of these entail a considerable tax upon the vitality; therefore, the condition of the patient must be taken into consideration in connection with their use. Perhaps wet sheet packs administered daily, offer the most satisfactory form of treatment. The pack should be allowed to remain from one to two hours or until such time as it becomes uncomfortable to the patient. If little recuperative power is exhibited by the sufferer, then abdominal packs should be used instead, preferably hot, but cold if they prove to be more pleasurable to the patient.

Fasting will always bring beneficial results in a case of purpura. The duration of the fast should be determined by the weight and condition of the patient, and as a rule, the longer the period, the more effective will be the results. Fasting Regimen No. 3 is recommended because of the value of

copious water drinking which it includes. The fast may be continued from three to ten days, after which use Breaking-Fast Regimen No. 16 or 17. This should be followed by Milk Diet No. 32 in all cases where the vitality is low and the weight much below normal; in other instances the patient may gradually return to his ordinary diet but must positively avoid over-eating. If a complete fast is inconvenient, Partial Fasting Regimen No. 8 or No. 9 might be substituted; these permit the use of acid fruits or fruit-juices. During the fast, full enemas may be used daily or every other day and, if necessary, they should be used after the fast has terminated.

With the return to ordinary diet, the free drinking of water is especially to be recommended. Great care also must be taken to maintain activity of the bowels.

Air baths and sun baths are especially valuable in stimulating the activity of the pores of the skin and promoting the general health. Absolutely fresh air must be available at all times and, if possible, the patient should live and sleep out-of-doors. Long walks will be especially advantageous together with such other exercise as the patient is in condition to take. In short, he should adopt a general vitality-building regimen suited to his condition and practice it faithfully day by day.

PUTRID FEVER.—(Pyemia and Septemia [Septicemia].) *Symptoms.* These two diseases are practically the same and are synonymous with blood-poisoning. The exciting cause in both cases may vary from a rusty pin prick to severe wounds, either of which may open the way to the absorption of septic material. Pyemia is complicated by the formation of abscesses, and these abscesses should be treated as are abscesses under any other circumstances. (See *Abscess.*)

There are two forms of septemia, known as septic intoxication and septic infection. The former is most commonly met with in obstetric cases where a clot of blood or a portion of the placenta has been permitted to remain in the vagina and has become putrid. Here the poisonous product of bacteria alone have invaded the organism and an emptying of the womb or vagina will immediately bring relief. Septic infection is

due to the presence of both toxins and bacteria in the blood. The symptoms in both cases are a rapid pulse with high fever, headaches, aching of the joints, severe chills, nausea, vomiting, diarrhœa, and delirium, sometimes followed by coma and death.

In the milder cases, there are simply restlessness and fever, the intensity of the symptoms varying with the amount of poisons absorbed by the system.

Treatment. The treatment to be followed in the case of these diseases is given under the head of *Blood-Poisoning,* which see.

PYELITIS.—Inflammation of the kidney. See *Kidneys, Diseases of.*

PYEMIA.—See *Putrid Fever.* Also *Blood-Poisoning.*

PYROSIS.—(Heartburn.) See *Stomach, Diseases of.*

PYURIA.—Pus in the urine. See *Bladder, Diseases of.*

QUINSY.—See *Tonsilitis.*

RABIES.—See *Hydrophobia.*

RACHITIS.—See *Rickets.*

RANULA.—See *Frog-Tongue.*

RECTUM, DISEASES OF.—*Symptoms* and *Varieties.* The rectum is situated at the lower end of the colon and is a storage receptacle for the waste material of the food prior to its elimination. It is liable to a variety of ailments the most common of which is, *Hemorrhoids* or *Piles.*

Cancer of the Rectum. This is the most serious disease that afflicts the organ. In nine cases out of ten it is preceded by hemorrhoids of a severe nature. The symptoms include pain on the passage of stools; a general feeling of discomfort before and after defecation; blood, mucus and tissue debris intermingling with the feces; malnutrition; unwholesome skin; disturbances of the digestion; progressive emaciation and death. Advanced cases may be temporarily alleviated by a surgical operation, but this only defers the fatal termination of the malady.

Treatment. Cancer of the rectum requires the same treatment indicated for cancer of any part of the body. (See *Cancer.*) But special attention must be given to measures

for cleansing and establishing the continued activity of the alimentary canal. This is particularly important inasmuch as a disease of this kind is invariably preceded by years of constipation and hemorrhoids. The treatment for constipation and also that for hemorrhoids, given elsewhere in this volume, should be carefully studied and adapted to a case of this kind in connection with the cure for cancer.

A fast is also especially important and if the patient is of normal weight or above, Fasting Regimen No. 4 or even better, No. 5 is recommended followed by Milk Diet No. 32. Naturally a vitality-building regimen, including all useful measures for improving the general health, is of the greatest importance.

Catarrh of the Rectum. This disease rarely occurs as an ailment of an independent nature; it is usually accompanied by more or less catarrh of the alimentary canal, especially the colon.

The symptoms are a desire to defecate, especially after the passage of stools; pain during elimination; the presence of mucus and sometimes blood in the discharge; and alternations of diarrhœa with chronic constipation. As the disease is due to the drying up of the walls of the colon and the surface of the rectum, it may be attributed to a neglected costive condition. The ailment is often combined with hemorrhoids when the pain experienced on the passage of stools is greatly increased, and blood and pus is discharged with the excrement.

Catarrh of the Rectum requires the same treatment as catarrh of the bowels, referred to elsewhere. (See *Intestinal Diseases.*) In severe cases an extended fast will be necessary, though where the patient is much below weight Fasting Regimen No. 7 may be better.

Fistula of the Rectum is another common disorder of the lower bowel. It arises from the formation of an abnormal opening or canal, generally running out of the rectum through the external skin to a point in close proximity to the anus. Occasionally, however, this fistula, through inability to pierce the external skin, forms an internal cul-de-sac, or blind opening.

The symptoms which indicate the formation of a fistula are similar to those present in the case of piles; hemorrhoids, either internal or external often precede this disorder. There is a constant feeling of extreme discomfort within the anus, intense irritation and itching, occasional pain of a burning nature, and blood and pus are always discharged with the stools.

When a tubercular condition is present in other parts of the body this often extends to the fistula. The disease then becomes seriously complicated.

Treatment. (See *Anus Fissure.*) Fasting is important and if one has the weight and strength to continue it for an extended period, it will greatly assist in bringing about a complete cure. In rare cases where the fistula is a serious one, operative measures may be used with advantage but even then Physcultopathic Treatment will be of special value in obtaining good results. In most cases, however, a fast followed by a milk diet after the fistula is healed, combined with enemas and free drinking of water for cleansing the alimentary canal will result in a complete cure of this disease.

Prolapsus or *Prolapse of the Rectum* is again a frequent complication of hemorrhoids and is due to the protuberance of a small portion of the rectum through the opening of the anus. This abnormality is always the result of severe constipation coupled with violent and repeated efforts to defecate. The first sign of this complication is the appearance of an inch or two of the rectal membrane concurrently with the passage of feces. The prolapsed part usually returns to its place without assistance. When neglected the prolapsus increases in size until a foot or more of the lower bowel is evacuated, necessitating artificial aid to induce its return. The portion extended becomes inflamed and bleeds.

Treatment. This should be practically the same as that described elsewhere for hemorrhoids. A cold sitz bath will be of especial value in a case of this kind and the free use of enemas is likewise necessary in order to accomplish a thorough cleansing of the alimentary canal without too much strain. A fasting regimen would likewise be advisable.

Tenesmus of the Rectum. This cannot be described as a disease in itself, but is often an adjunct to the disorders previously mentioned. It is characterized by a persistent desire to defecate without the ability to do so. The cause is due to piles, catarrh, ulcers, fistula, or any other disease of this organ. Constant and abnormal irritation and itching are among its symptoms.

The treatment of Tenesmus of the Rectum should involve the attention to the primary disease from which it springs. A cold sitz bath is most valuable as a means of invigorating the tissues and restoring the normal tone. General exercises for strengthening all parts of the body are also desirable. In most instances, a fast of one or two weeks would be advisable, adopting Fasting Regimen No. 3 and following it with Milk Diet No. 32. But irrespective of all else, care should be taken to insure activity of the bowels. If enemas are used I would suggest a warm full enema, and after that a small cold rectal irrigation. This will cause a contraction of the tissues and restore their tone. A hot spinal pack taken once each day will be of great advantage with Physcultopathic Movement C, E or F. Treatment G is also to be recommended. Indeed all the exercises illustrated in connection with my discussion of Mechanical Physcultopathy (Vol. III, pages 1513-1600) which involve the lumbar region and the hips will be of great advantage. A general vitality-building regimen is in every case essential.

Stricture of the Rectum may be of a *simple* or *malignant* character. The simple form is a fibrous stricture caused by foreign deposits due to inflammation. It sometimes follows syphilitic or other ulceration. In some cases fistulas and hemorrhoids form below the stricture. The *malignant* stricture is of cancerous origin.

Stricture of the Rectum in its simple form should have substantially the same treatment as fistula, for it may nearly always be remedied by an improvement in the circulation and tone of the tissues, any foreign deposits being more readily absorbed as a result of a regimen which includes fasting, free

water drinking, enemas, etc. A malignant stricture should have the same treatment as cancer though removal by means of an operation may sometimes be necessary.

Relapses.—See *Complications.*

Relapsing Fever is an acute infectious disease, common in Russia, comparatively rare in this country, and characterized by several attacks of fever alternating with periods of well-being. The first attack of fever usually lasts a few days. There are all the usual symptoms which accompany high fever but no specific lesion is present. After a few days the temperature falls only to rise again a few days later. The second attack is usually shorter in duration and milder, and is sometimes followed by a third or even fourth attack, each still milder and shorter. Recovery usually takes place. During the attack a fine spiral germ is present in the blood.

Treatment. In the treatment of this disease, fasting will be found to be a most effective factor for the reason that it purifies the blood and thus strikes at the cause of the malady. Free drinking of water is likewise essential. Where the temperature is low, as it sometimes is, the water should be as hot as possible, yet not hot enough to prevent its being swallowed in large quantities. Where there is a high fever, however, cold water should be used. Under no conditions must ice water be drunk.

The alimentary canal must be cleansed by full enemas given one each day for two or three successive days and after that, every other day. The enemas may be very hot or cold according to the condition of the patient at the moment. When the bodily temperature is below normal an enema should be hot, 110 degrees to 115 degrees Fahr., but in the case of a high fever a temperature from 80 degrees to 85 degrees would be advisable. A glass of water in which a teaspoonful of common salt has been dissolved, may be administered every day or two on the score of its laxative effect. If the patient is fairly vigorous, use two or three tablespoonfuls of sterilized sand for the same purpose.

Hydrotherapic measures are also of great value, by con-

trolling the temperature and eliminating the toxins in the system that are responsible for the disease. I would suggest cold water packs in case of fever and hot blanket packs combined with hot water bottles around the legs and hips where the temperature is below normal, provided always that the patient is sufficiently vigorous to recuperate easily from such energetic measures. If he is weak or has limited recuperative powers, then abdominal packs should be used instead of the body packs mentioned; the former being cold if there is fever, and hot when there are chills.

Great care should be taken not to give treatments too frequently or to carry them too far. If the packs spoken of are given in the morning and in the evening, I would suggest Physcultopathic Treatment B, or if the patient is strong enough, Physcultopathic Treatment E combined with a hot spinal pack.

It is most important in a case of relapsing fever that the patient during both day and night, be given a supply of pure air. Any interference with the ventilation will surely retard recovery. When all signs of the fever have disappeared the fast should be broken by a breaking-fast regimen to be determined by the length of the fast. After this has been done, either the milk diet should be adopted or the patient should resume his ordinary food, being, however, careful to avoid those edibles that are indigestible or are wanting in nutritious qualities. If he is anemic, a hot milk diet should be used.

Renal Colic.—An ailment of the kidneys due to the formation of gravel or stone therein, characterized by convulsive pain of a violent and spasmodic nature.

Renal colic may also be due to sudden twisting and bending of the ureter when the sufferer is afflicted with a floating kidney (which see); or compression of the urinary passages through the formation of internal tumors. There is violent pain. The suffering experienced is so severe that the patient breaks into profuse, cold perspiration; nausea and vomiting are present; extreme depression and exhaustion precede and follow an attack, and sometimes faintness and loss of sensibility result

as a consequence of the pain in its most extreme form. (See *Kidneys, Diseases of.*)

RETENTION OF MENSES.—See *Menstruation.*

RETINITIS.—Inflammation of the retina. See *Eyes, Diseases of.*

RETROFLEXION.—A bending backward of the womb upon itself. (See *Womb.* See also Volume V.)

RETROVERSION.—A displacement of the womb in which it is turned backward. (See *Womb.* See also Volume V.)

RHEUMATISM.—*Symptoms and Varieties.* Rheumatism is of two kinds: Articular rheumatism—a rheumatic affection of the joints; and muscular rheumatism—a rheumatic condition of the muscles. These two forms of rheumatism may be further subdivided into the acute and chronic varieties.

Acute Articular Rheumatism, also known as rheumatic fever, is an exceedingly painful disease characterized by an inflamed condition of various joints of the body, sometimes coupled with severe heart disturbances.

The ailment begins with a rise in temperature, severe aching and pain in the joints, sometimes of the entire body, at other times of isolated parts, with complete stiffness of the affected area. The swollen joints become excruciatingly painful, and the least movement or pressure only intensifies the suffering. With an increase in fever, profuse and acid perspiration breaks out. The urine is scanty, turbid, with a red sediment.

With alternations in temperature and pain, mild cases of rheumatic fever run their course in a week or two; severe forms often last for a month or six weeks. In its most acute form, with a fever of 108 degrees or more, the brain becomes involved, delirium follows and the end may be fatal. Or again the pericardium or lining membrane of the heart may suffer from inflammation, affecting the valves of that organ and resulting in death from cardiac failure. Even when recovery follows, the mechanism of the heart may show signs of permanent injury.

Complications of a less serious nature are skin eruptions and rashes such as prickly heat and nettle rash. These are caused by the irritating nature of the exuding sweat.

Though the exciting cause of an acute attack of articular rheumatism is undoubtedly due to some exposure or infection, the fact remains that only when the patient's blood is in an exceedingly acid condition, is there danger.

Chronic Articular Rheumatism sometimes develops after one or more recurrences of an acute attack. But more often it is gradual and insidious in its appearance. Persons most liable to this disease are those whose occupation subjects them to cold and dampness.

The first manifestation is stiffness and pain in one or more joints of the body. Heat and friction usually alleviate the suffering and banish the symptoms. They generally recur, however, with increased intensity in various joints of the organism, especially the knees and hands. This disease is the slow development of years. Its cure is likewise slow.

Muscular Rheumatism is the most general of all forms of rheumatic affections. Its development is characterized by pain and stiffness in the muscular area affected, with loss of mobility. In its acute form, the muscles are swollen, inflamed and sensitive to the slightest pressure. When chronic in nature the swelling subsides to some extent and pain is experienced only when an effort is made to move the muscle or muscles.

This form of rheumatism may affect every muscle in the body—from those of the scalp to the tendons of the feet. It is not a serious disease as the acid accumulation which is the cause of the suffering often dissipates after inflammation, or is readily dislodged by the use of external remedies and applications such as massage, friction, electricity, bandages, etc. As a precursor, however, of more serious and intractable forms of rheumatism, it should be properly treated in its early stages.

Inflammatory Rheumatism and *Rheumatic Gout* are symptoms of a rheumatic nature attended by intense inflammation and great pain. The acute and chronic forms should be treated in the same manner as muscular and articular rheumatism.

Treatment. Practically all forms of rheumatism are treated in the same manner. There is a difference, however, in the treatment of the acute and chronic manifestations of the dis-

ease, for in the case of an attack of the former, drastic methods are necessary to arouse the excretory organs to activity, while in that of a chronic attack, much depends upon increasing the general vitality of the patient.

In acute rheumatism, activity of the bowels is of the first importance. Enemas can be given for this purpose although it is often better to treat the disease through the stomach. To this end olive oil, sand or salt and water may be used. A glass of hot water in which is dissolved a level teaspoonful of salt can be given for two or three days in succession and satisfactory activity will result. (See treatment for *Constipation.*)

The free drinking of water is especially important. Fasting Regimen No. 3 should be followed for several days, or as long as the acute symptoms are manifest, providing that the patient is not suffering from undue vital depletion. If the patient seems to be weak as a result of the fast, a small quantity of grape-juice may be given, although no other food is advised. Physcultopathic Treatments D and F are of especial value in bringing about a recovery. If the patient is fairly strong, Physcultopathic Treatment F or G may be used. Hot abdominal packs are useful. Steam baths are also of value. Wet sheet packs will prove beneficial, though not more than two or three should be used daily.

After signs of recovery become evident, the affected region may be swathed in very hot cloths and manipulated slightly as is advised in the chapter on Mechanical Physcultopathy (see Vol. III, p. 1513-1600), but care must be taken that this treatment is not used to excess; if this mistake is made, the pain is likely to become aggravated.

As the appetite begins to return, a breaking-fast regimen may be adopted in accordance with the length of the fast. An exclusive milk diet is advisable thereafter, unless the inflammation seems to be increased by such diet, in which case it would be advisable to adopt one of the limited diets that appeals to the appetite of the patient, for instance, Limited Diet No. 21, 26 or 28 might be advantageously used for a short time. Let it be repeated that if the milk diet does not seem to ag-

gravate the disease, it will bring about a speedy recovery, so that it is well to adopt it whenever possible. To avoid such aggravation, at the inception of the milk diet, the patient should take as much of the fluid as possible with a view of thoroughly flushing the system. A salad diet for a few days is also to be recommended.

In the treatment of chronic rheumatism, a general vitality-building process must be adopted together with the stimulation of the circulation of the affected parts by Mechanical Physcultopathy. I would also advise that Fasting Regimen No. 2 be followed as long as the patient can endure it without manifesting signs of weakness. Fasting might be continued anywhere from three to thirty days, depending upon weight and strength. Use a breaking-fast regimen that is appropriate to the length of the fast, a milk diet being then advised until the weight lost during the fast has been regained. As with acute rheumatism so with the chronic, a milk diet may immediately increase the inflammation. In many cases this increase will only be noticeable for a week or ten days, after which it will begin to subside, but should it continue, a strict meat diet such as is described in Meat Diets Nos. 103 and 107 can be followed with great benefit. After continuing this meat diet for two or three weeks, the patient can revert to the milk diet, this arrangement facilitating the recovery. Provided that the bowels can be kept active, a salad diet or fruit and nut diet may be used. But very often, there are alimentative diseases identified with rheumatism which make a diet of this kind difficult of digestion. The exclusive milk diet or exclusive meat diet are free from this objection. Read carefully all of the details regarding the exclusive meat diet in Vol. III, p. 1768-87.

The daily wet sheet pack, if given in accordance with instructions, will aid to overcome chronic symptoms.

Physcultopathic Treatments D, E, F and G are of special value in this ailment as a means of stimulating the nerve centers. Exercises that tend to accelerate the vital activity can be especially recommended, where the patient is able to take them without pain or discomfort.

Steam baths can be used to advantage, especially if the milk diet is being followed. Neutral baths of a half-hour to an hour's duration are also excellent; but both kinds of baths must be used with care if any other diet than milk is being adhered to. In other words, they must not be overdone and the condition of the patient while he is taking them, must be closely watched. If he shows any symptoms of exhaustion he must be immediately taken from the bath.

A chronic sufferer from this disease must remember that recovery is usually slow. There is no disease that is more difficult to cure than rheumatism, especially if it has been chronic for several years. Nevertheless, in cases of long standing, I have seen recoveries effected by continued and persistent use of the methods recommended. When a definite treatment has been adopted, and followed with the utmost faithfulness day after day, month after month, and in some cases, year after year, a permanent recovery from this most distressing and debilitating disease will assuredly ensue, although it may be delayed.

RHINITIS, ACUTE.—(Coryza.) See *Cold.*

RHINITIS, CHRONIC.—See *Nose, Catarrh of.*

RHINOSCLEROMA.—A granular growth of stony hardness affecting the interior nasal passages. Treatment must be constitutional and the same as for Ozena, (which see.)

RICKETS.—(Rachitis.) A soft and diseased condition of the bone due to a deficiency of lime salts in the blood, common to children during the early period of their growth. This disease most often appears in the long bone below the knee, though it may also affect the bones of the arms, the thighs, the ribs and the pelvis—in fact any of the long bones.

The symptoms which precede this malformation of the bone are generally poor health, night sweats, especially beads of perspiration upon the forehead, digestive disorders, and brief spasms or convulsions. The child shows a disinclination for effort of any kind, soon tires, and refuses to sit or stand in an erect position. When the spinal column and the thoracic bones of the chest are affected, respiration is deficient and

deformities of the chest appear. When the softening takes place within the skull, the head assumes an abnormal shape.

Many other symptoms arise during the progress of the disease, such as defects of the teeth, thickening of the ends of the long bones, spinal curvature, spasms of the vocal cords, constipation, intestinal catarrh, baldness, etc., etc., etc., and these symptoms are generally ascribed to the general rachitic condition, that is to the disease itself. But here, again, as in so many other diseases, the cart is placed before the horse. And that deplorably deficient condition of the vital fluid which is provocative of malformation of the bones is likewise conducive to the appearance of many other diseases with their hundred and one symptoms.


Child affected by rickets—(rachitis.)

Treatment. Inasmuch as this disease is due to defective nutrition, attention in the first place must be given to the nutritives that are necessary for the well-being of the infant.

Fasting is scarcely to be recommended in a case of this kind, except for a limited period, say one day, for the reason that the child is already suffering from a lack of nutrition and therefore has not the strength to endure an extended or strict fast. Nevertheless, the system must be cleansed and I shall therefore suggest a partial fasting regimen or a fruit diet, lasting from two to five days. In this connection Partial Fasting Regimen No. 8 or 9 or any of the fruit diets will be satisfactory. At the termination of such diet I would recommend Milk Diet No. 32 modified in accordance with the capacity of the little one. Perhaps the child will be unable to take

more than one-half glass of milk every hour, but in most cases the system of an under-nourished child craves nutriment so that at least three-fourths of a glass can be consumed at a time. This milk diet may be continued indefinitely, if it agrees with the child, or until the latter has reached its normal weight. After the first month or two, Milk Diet No. 43 or 46 can be taken if preferred, alternating with a strict milk diet.

After such a diet, care must be taken to avoid the dietetic errors that brought about the malady in the first instance. It will therefore be best to let the youngster's diet consist of a large proportion of uncooked foods. Nuts and fruits are especially to be recommended. Once a day, the little patient may follow Cereal Diet No. 81.

Apart from the matter of diet everything should be done to improve the health of the child and enable it to build vitality. Active play out-of-doors is essential in this respect. A rickety child should never be sent to school. Attention should be centered upon building up its physique and it should be encouraged in those exercises and recreations that will accomplish this purpose. When the body has been restored to health and strength the child may take up its studies. The old axiom regarding a sound mind in a sound body should be remembered in connection with the treatment of rickets. Since outdoor exercise and appetite are so closely related, the necessity of inducing the child to take the former in order to bring about the latter, will be obvious. Also air baths, sun baths and dry friction baths will be most valuable; in warm weather the less clothing the child wears the better for it.

Spinal stimulation is recommended as a means of invigorating the functions of the system and improving the general condition of the patient. Physcultopathic Treatment A, B, C or F may be used in connection with hot spinal packs. I would also suggest local treatment of the parts that are especially affected by means of Mechanical Physcultopathy (see Vol. III, p. 1513-1600.) The local circulation of the bones of the legs may be improved by alternate cold and hot cloths before retiring. The cold should be applied last and

allowed to remain all night or until dry. The child should also be taught to use some of the less difficult exercises for the back that are shown in the special charts appended to Volume II.

RINGWORM.—(Tinea.) A parasitic disease of the skin appearing in various parts of the body.

The characteristic symptom of this ailment is the circular form of the diseased area and the yellowish discoloration of the skin. It is due to the presence of minute parasites, which may infest any part of the cuticle. They give rise to eruptive scaly patches of a yellow tinge. More or less itching of a mild sort accompanies their appearance.

Ringworm of the body (Tinea Circinata) is found most frequently upon the face and neck, backs of the hands and on the arms; it may affect any other part of the body.

Ringworm of the Scalp (Tinea Tonsurans) is marked by circumscribed areas of more or less baldness together with the appearance of disease of the hair.

Ringworm of the Beard (Sycosis) is popularly known as Barber's Itch, which see.

Inasmuch as all manifestations of the presence of this skin parasite are due to its finding lodgment on the body, it follows that bodily cleanliness will usually prevent its attacks. Nevertheless, there are instances in which the most cleanly individuals may be attacked by the parasite, especially when the constitutional condition of the body and hence the skin, invites such attacks.

At the first indication of ringworm a vigorous application of soap and warm water followed by an anointing of the affected parts with powdered sulphur mixed with olive oil, will usually bring a cure within a day or so. In persistent cases, the treatment prescribed elsewhere for eczema will always prove effectual.

As a matter of fact, ringworm never attacks those whose skin is not in a receptive condition. To obtain immunity from the parasites, therefore, a general constitutional method should be observed to the end of increasing the resistance of the cuticle to this and allied affections. A general vitality-

building regimen should be adopted and faithfully adhered to. Frequent air baths, sun baths and friction baths are especially valuable. The athlete with bronzed and hardy skin knows naught of the ringworm.

RUBEOLA.—See *German Measles*.

RUPTURE, or HERNIA.—*Symptoms.* Rupture is a protrusion of any organ or part of the body through an opening in the wall of tissue that normally contains it. The term, however, is applied almost exclusively to rupture in the wall of the abdomen through which portions of the intestinal tract protrude. Often the form of rupture or protrusion is as follows: The abdominal cavity is surrounded by a membrane scientifically known as the peritoneum. In it are a number of openings through which pass nerves, veins and arteries. These vessels are sometimes enclosed in special ducts. The peritoneum is reinforced by various muscles, ligaments, tendons and other tissues. When these muscles are underdeveloped, or if the tissues are weakened an extra strain, such as lifting or, in some instances, unusual movements of the body, will cause either the large or one of the small intestines to be forced through such an opening, thus forming an external protuberance. There may be cases of rupture in which there is not much inconvenience, while in others, there is great tenderness and pain.

A detailed reference to the various forms of locations of rupture will be found in Volume V, to which the attention of the reader is directed.

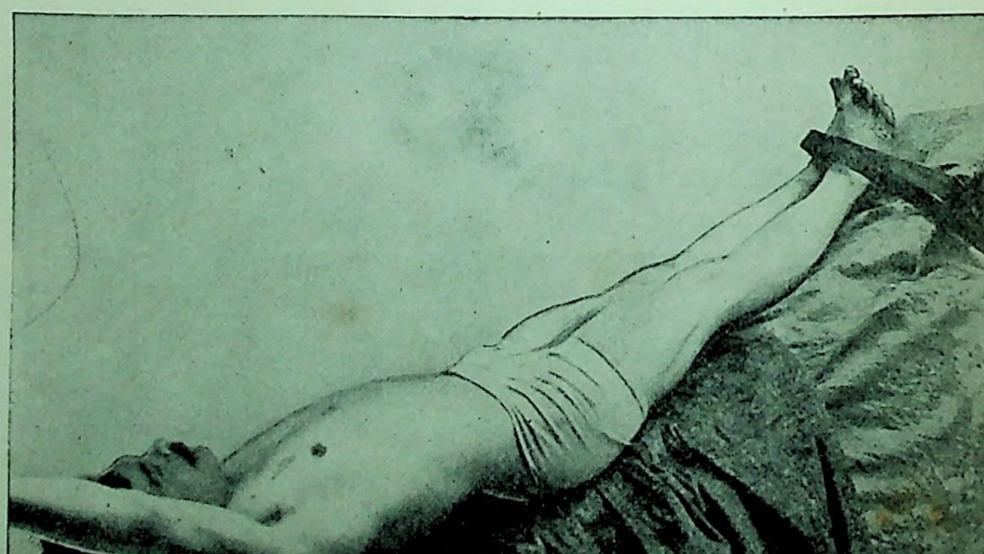


Inguinal rupture in the female.

When the displacement of the intestines involved in the rupture interferes with the peristaltic function or discharge of fecal matter, there are invariably vomiting, retching and abdominal pain.

Strangulation.—This is a condition in which the protruding segment of the intestines is shut off by constriction brought to bear upon it, and cannot be "reduced" or returned. It is an extremely serious matter, accompanied by fecal vomiting and other violent symptoms, and in most cases, death follows unless there is prompt relief. In some instances a surgical operation may be necessary.

Treatment. Inasmuch as the predisposing cause of the rupture is due to a weakness of the abdominal walls, the important factor in the treatment consists of exercise for the purpose of strengthening and enlarging the muscles of this region, for as this is done, they will close up the opening which permits of the protrusion. The exercise will also indirectly strengthen the tendons and ligaments and other tis-



(For Rupture.) Arrange board with elevation at foot so as to secure about the same angle as shown in illustration. Straps should be fastened around foot of board to hold body in proper position. Lie on back and raise the upper part of the body by bending at hips, keeping the shoulders rigid. Exercise should be taken with great care at the beginning of treatment.

sues of this region besides improving the functional tone of the internal organs, and the circulation and nutritive function in general. Surgery is extensively used by the medical profession in remedying hernia, with good results in some cases. Briefly told, the operation consists in sewing together the edges of the opening after the protruding part has been returned to its normal position. However, outside of its danger, the operation does not always bring about a permanent cure, but makes further ruptures possible by reason of the continued weakness of the muscles and other tissues.

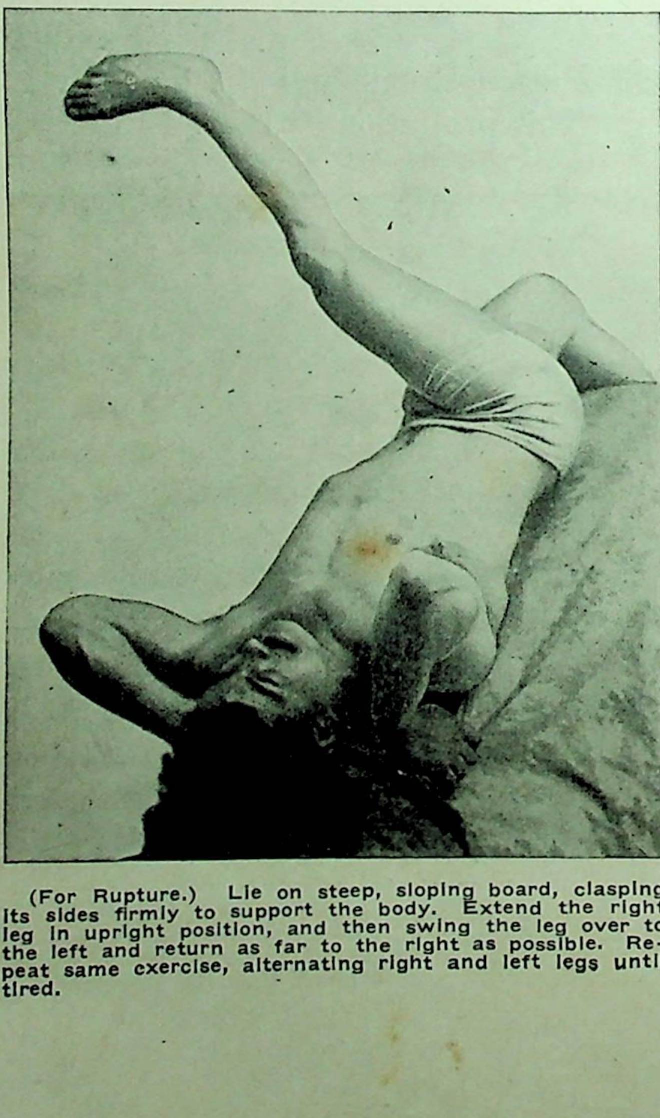
Care must be used in taking up exercise in connection with a cure, lest its strain aggravate the condition. Very mild exercises should be taken in the beginning, these being gradually made more vigorous as the patient gains in strength. It is most important that a well-fitting truss be used to keep the rupture in place while the strength-building processes of the treatment are going on. This protection by the truss is especially important while taking exercise and, if the patient is in doubt as to the adequacy of the truss, the hand may be used to help support the part or to hold the truss securely in position. When the opening seems to close up, the truss can be discarded, but should always be used when vigorous exertion is undertaken or until the cure is complete.



Lie on back on sloping board as illustrated. Swing arms far over to the right, twisting the body at the waist line as far over as possible. Then swing the body far over to the left in the same manner. Exercise should be continued, alternating movements from side to side, until muscles involved are moderately tired.

Practically all exercises which affect the abdominal muscles may be used, though I am offering some special exercises illustrated herewith. I would also suggest Physcultopathic Movement M. After reaching the development and strength of an athlete, and after the entire abdomen is protected by a powerful and well-knit muscular wall, one can depend upon it that this rupture has been completely cured and that he will practically be proof against any further lesions of this nature.

In connection with the exercises, constitutional measures should be adopted. In many cases, the patient is not only muscularly undeveloped, but otherwise debilitated and undernourished, and hence, improved nutrition is absolutely essential to a cure. A fast in the beginning of the treatment is of great value in bringing about rapid results. It should be accompanied by the free drinking of water and the use of enemas. With this fast the abdominal measurements are reduced and the internal pressure also, while the blood is purified and thus made capable of building healthy tissue. If the patient is in a very weak condition then Fasting Regimen No. 7 is to be preferred, but under ordinary circumstances



(For Rupture.) Lie on steep, sloping board, clasping its sides firmly to support the body. Extend the right leg in upright position, and then swing the leg over to the left and return as far to the right as possible. Repeat same exercise, alternating right and left legs until tired.

Fasting Regimen No. 3, or No. 4 is recommended. Following the fast, Milk Diet No. 32 should be taken, though if the occupation makes this impracticable, use Milk Diet No. 36 instead. While on this milk diet the exercise should be taken in the morning before commencing the consumption of milk. Inasmuch as following the fast, the tissues are rapidly building up, the patient may experience a remarkable improvement in the muscles of the abdomen in connection with the special exercises intended for them. By the time that he has reached normal weight, following the fast, he should be in a condition to take really energetic exercise.

It is especially important to maintain the activity of the bowels at all times even if enemas are necessary. But on returning to the use of ordinary foods such activity should be accomplished through diet, and Cereal Diet No. 81 will be found to be very advantageous in this respect.

Strangulation requires immediate treatment and every possible effort should be made to "reduce" the rupture or in other words to return the intestine to its normal position.

Where the constriction is very tight and there is muscular spasm, applications of hot cloths will often relax the tissues and relieve the spasm, also alleviating the pain. Full hot enemas should be given to relieve the colon of its contents as completely and as



Recline on sloping board as in preceding illustration. Elevate board in same manner as in last exercise, then swing leg as far to the front and as far to the back of body as possible. Repeat exercise until tired.

quickly as possible. No food should be eaten, and if there is a tendency to vomiting it should be encouraged. In short, assistance should be given to the efforts of nature to empty the alimentary canal. Usually through fasting, the danger of fatal results is greatly reduced, but strangulation should be relieved as soon as possible to avoid the possibility of gangrene. These measures will in a large majority of cases, enable one to remedy strangulation and reduce the rupture, but special pains must be taken to avoid its recurrence. In extreme cases, as already suggested, operative measures may be necessary to save life, and, when unavoidable, should not be delayed too long.

In all cases of rupture, reduction is accomplished more easily if the patient will lie on his back with his hips elevated somewhat above the level of the head. See ***Rupture,*** Vol. V, also ***Navel Diseases,*** this volume, for suggestions on treatment of umbilical hernia in infancy.

St. Vitus's Dance.—A common disease of the nerves which reveals itself by involuntary and irregular twitching of the muscles. In severe cases this muscular disturbance may affect most of the muscles of the body, when the eyes roll, the brow relaxes and furrows, the face twitches and grimaces, and the limbs are waved incoherently and violently. But, as a rule, only the mild form of the disease, evinced by facial distortion, and twitching of the fingers and toes, is seen. This peculiar loss of muscular control occurs chiefly in the case of young girls when the child has already shown a rheumatic tendency of greater or less degree.

Treatment. There is little or nothing that can be done directly for the amelioration of a disease of this kind. The only treatment that can be of any value is of a constitutional nature designed to build up strength of the entire nervous system. To accomplish this a radical purification of the blood is essential, involving improved nutrition and building the greatest possible degree of vitality.

Some relief may usually be secured by hot or cold spinal packs, or in some instances, alternate hot and cold spinal packs.

These will tend to bring about the desired relaxation of the tense nerves and irritated muscles and to invigorate the nervous system. Physcultopathic Treatment C, E or F should be used in connection with or following the spinal packs mentioned.

Fasting Regimen No. 2 should be adopted for a period of at least two or three days, where one is reduced in weight and vitality, or for a longer period extending even to 10 or 20 days, if the weight and strength of the patient will permit. A breaking-fast regimen adapted to the length of the fast should be used, after which Milk Diet No. 32 is advised. If this is too inconvenient or impractical, Milk and Fruit Diet No. 42, 43, or 46 is to be recommended. In some cases if the milk diet becomes too trying and the patient has reached practically normal weight, Combination Milk Diet No. 50 or No. 62 might be more acceptable.

The practice of exercise may be a difficult matter in connection with this disease, but I would urgently recommend as much exercise as possible. In all cases a life in the open air is imperative if one wishes satisfactory results, and long walks, or at least walks of such length as the patient is able to take, are to be insisted upon each and every day. When he reaches the point where he can walk five or ten miles every day, he will build vitality far more rapidly and will experience a quick recovery. Air baths, dry friction baths and sun baths will be of the greatest possible value in facilitating recovery. They all have a marked influence in toning up the nervous system. In short, a general vitality-building regimen suited to the condition of the patient should be adhered to faithfully.

SALIVATION.—(Sialorrhea.) *Symptoms.* An affection of the salivary glands characterized by an abnormal flow of saliva. This symptom brings about impairment of speech and general discomfort. The digestion is often affected owing to the excess of saliva that is swallowed. The ailment is sometimes the result of mercurial poisoning, (page 2265), or to affections of the mouth and digestive tract.

Treatment. Where salivation results from poisons, the

treatment must, of course, be directed against them. Where, however, it is due to some ailment of the mouth or digestive tract, or where the underlying cause cannot be traced, constitutional treatment will be necessary, special attention being paid to fasting.

I would suggest Fasting Regimen No. 2 for several days. The period of the fast should depend upon the vitality and weight of the patient. Subsequent to the fast, the patient should adopt a general vitality-building regimen. A strict milk diet (No. 32) will induce a quick recovery. If he is not much reduced in weight and has good assimilative powers, however, this diet is not necessary, in which case, after a breaking-fast regimen adapted to the length of the fast has been followed, he may gradually return to the use of ordinary foods. It is most necessary that he pay special attention to mastication and avoid over-eating. The patient must build up constitutional strength and nervous vigor.

SARCOMA.—See *Tumor.*

SATURNISMUS.—See *Lead Poisoning* under *Poisoning.*

SCABIES.—See *Itch.*

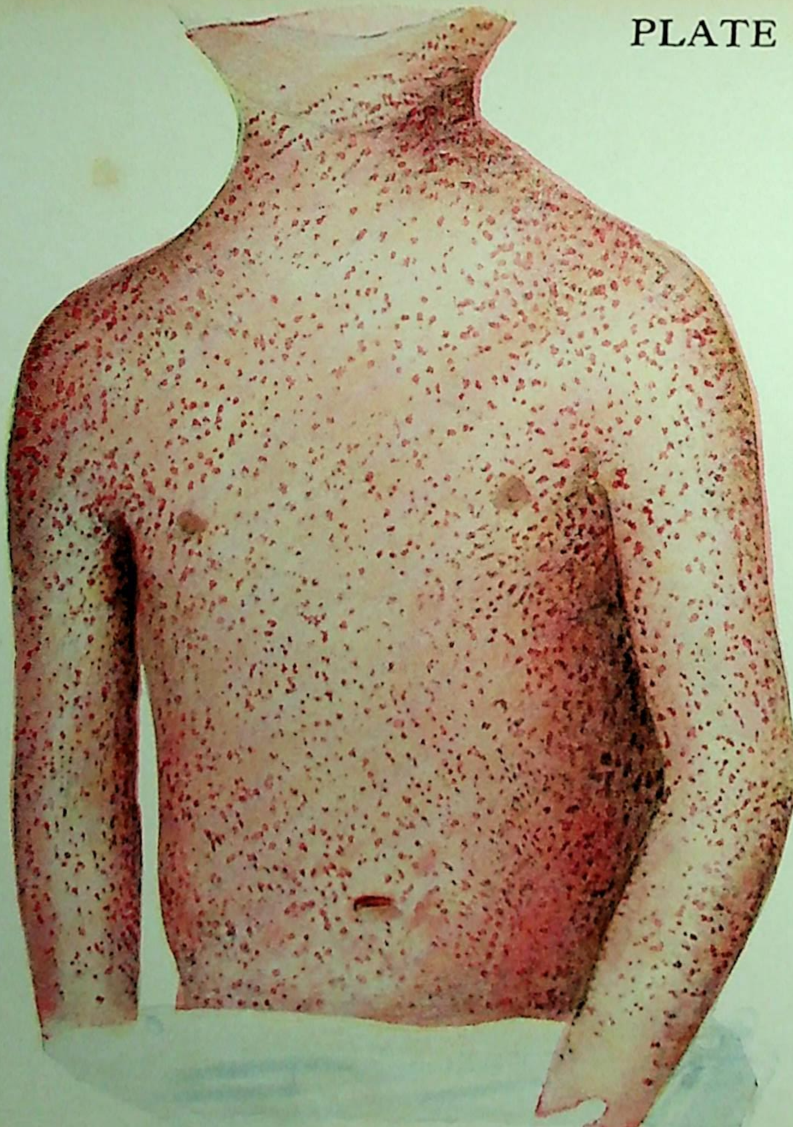
SCALDS.—See *Burns,* Vol III, p. 1655.

SCALING SKIN.—See *Skin, Diseases of.*

SCALP.—See *Hair, Disease of.*

SCARLET FEVER.—*Symptoms.* In the average household there is scarcely a disease that is more dreaded than is scarlet fever, and with reason. Not only is the mortality record of this disease exceedingly high, but the after-results are such that they not infrequently maim and handicap the patient for the rest of his life. The disease is ushered in with a sudden rise of temperature and vomiting. There is usually a sore throat. Within twenty-four hours a rash appears on the body, first on chest and neck, spreading to the abdomen, limbs and forehead, but never attacking the chin or the region surrounding the mouth. The eruption consists of fine red points closely set so that the entire skin appears flushed with a scarlet red. After a few days the skin begins to peel. The peeling is most marked on hands and feet. The fever subsides, throat be-

PLATE I—Scarlet Fever.



Scarlet fever in its earlier stages. Under proper methods the disease rarely assumes this severe form.



The peeling which marks the later stages of scarlet fever.

comes better and the patient gradually recovers. About three to four weeks after beginning of the disease the child is liable to develop acute Nephritis.

As to the so-called infectious nature of the fever, it should be remembered that no person can acquire a contagious or infectious disease unless his blood is in such a condition that it acts as a breeding place for such diseases. It follows, then, that if children are properly fed, bathed and exercised, and thus kept in a healthful condition, that there is no danger of their acquiring scarlet fever or any other fever. Nevertheless, it is well not to expose unnecessarily the most healthful child to contagion. The mere appearance of health is not always to be relied on. Effete matters may sometimes lurk in a physique which gives every sign of being robust. The element of scarlet fever infection clings to wearing apparel, furniture, etc., longer than that of any other known disease, with the exception of smallpox. Hence the warning that has just been given, and hence, too, the necessity for the most drastic form of disinfection in cases of this disease.

A peculiarity of scarlet fever is, that its symptoms may develop in a few hours after infection or may require from eight to nine days to obtain full fruition. A prominent authority on the subject asserts that sore surface seems to tempt the element of infection to enter the system; thus, for instance, a child who suffers from eczema may easily acquire the fever, where others, whose skin is not in an eruptive condition, will escape. According to the same authority, schools, churches and other places where children congregate, are dangerous breeding grounds of the disease.

It must be remembered too, that scarlet fever often attacks and proves fatal to grown persons, so that those in charge of the little patient must take care to maintain a physical condition that will render them immune from the complaint.

Treatment. In view of the fact that the disease is primarily due to blood pollution and that this again can usually be referred to an interference with the functions of the excretory organs, it is especially important that activity of the bowels

be inaugurated and maintained. To this end, olive oil should be frequently given in doses of from one to two tablespoonsful. If this does not bring about the desired results, castor oil can be used in place of the olive oil. I would also suggest that a heaping teaspoonful of sand of the kind with round granules, be given to the child three or four times a day. If the constipation is still persistent, the enema may be used, but this should not be done until other methods of bringing about action of the bowels have failed.

Once each day, place the little patient in a wet sheet pack. If there is high fever, this pack should be cold; if, however, the fever is mild or if the temperature of the patient is normal, then the pack should be hot. The child may remain in this wrapping from one to two hours. While he is in it, encourage him to drink of hot water flavored with a few drops of lemon juice, if he likes it. Watch the pulse and the temperature closely while this sheet pack is being used. There will probably be an increase in the pulse beats. This need not cause alarm. As soon as the child is taken out of the pack, it can be rubbed quickly and briskly with a cold wet towel, after which the attendant may dip her wet hand in table salt and rub the entire body of the patient, giving it what is termed a salt-glow. The body should always be wiped dry.

If the glands of the throat swell, then very hot cloths should be applied to this part. In this connection, the free drinking of hot water must be insisted upon.

While the acute symptoms of the disease are present, no food of any kind must be given to the patient. A little orange juice may be allowed, though it is best to give lemon juice and water. If the water so flavored is hot, the patient may drink as much as he desires. Hot water usually allays fever more rapidly than does cold water provided that it be given in sufficient quantities. It also accelerates the activity of the internal functions and furthers the elimination of the poisons which are the underlying cause of the disease.

I have said that no food must be given the patient. It may

be necessary to maintain this abstinence for from three to seven days. Do not fear that serious results will follow this fasting; on the contrary, it will hasten recovery. Let me add that a fast of more than two days is only needed where the symptoms are of a serious nature. Even when you begin to give the child food, there should be a distinct appetite on its part before you do so. Never try to force or coax the appetite. At first, the quantity of food should be small and you should see to it that the patient thoroughly masticates before swallowing.

The ideal food for a scarlet fever patient who is in the first stages of convalescence is acid fruit. Pure milk—milk that is above suspicion in every way—may be given in conjunction with the fruit. (See Vol. III, p. 1754-55.) If the child craves buttermilk or sumik, either of these will prove to be even better than ordinary milk.

Do not force the little patient to remain in bed. Encourage him to get up and go outdoors. Fresh air and plenty of it is an important factor in bringing about recovery and hastening convalescence. Do not unduly coddle him; do not let him know that he has been quite sick; no matter how serious you may think that the attack is or has been, make light of it to the child. Assure him that he will be all right again in a few hours or a day or so. Encourage him to be cheerful and to make fun of his sickness. The mental condition of the patient is more or less reflected in his physical condition.

A soap and hot water bath should be given in the early stages of the attack and repeated every two or three days thereafter. Under no circumstances should oil be used on the skin, this clogging the pores and so preventing their excretory action.

To revert a moment to the enemas, never use more than one full one during the day. Enemas of this type tax the vital energy of the body and every atom of energy is needed when fighting scarlet fever.

SCARLATINA.—See *Scarlet Fever.*

SCIATICA.—*Symptoms.* An acute inflammation of the sciatic nerve, the main trunk nerve of the leg.

As a rule lumbago, or inflammation of the muscles of the lumbar regions, precedes an attack of sciatica; and with the involvement of the posterior nerve of the thigh, pain becomes correspondingly acute.

Though the cause of this disease is often deemed to be exposure or over-exertion, more frequently it is due to an accumulation of hardened fecal matter within the lower bowel; or in rare instances to the development of an internal tumor. The main symptom is shooting pains from the hip downward. The pain is intermittent but often the attack is so acute in character and so obstinate in nature that apparently the only palliative lies in the use of some opiate such as morphia. This is especially the case when dry and hardened bowel accumulations or a tumorous growth are the exciting cause of the nerve derangement. In addition to the local and constitutional measures to be adopted, it is important, in order to shorten the duration of the suffering that the patient retire to bed and relax the nerve and muscle tension by placing a pillow under the knee joint.

Treatment. In a mild attack of this disease, which permits the patient to be up and about, a hot sitz bath will be of the greatest possible value in giving relief from the acute pain, and also in improving the local circulation. However, where the pain is extremely severe and it is necessary for the patient to be in bed, hot hip packs should be used instead.

The important treatment in a case of this kind should have to do with both the building of vitality and the purification of the blood. Probably, activity of the bowels is one of the first considerations, and to accomplish this hot enemas may be used; they will also tend to relieve the pain. If, as in some cases, there is irritation due to the presence of hardened accumulations, this measure will be specially effective.

In practically all cases fasting is essential, to be continued until the severe acute symptoms subside. Fasting Regimen No. 3 is recommended because of the value of the free water

drinking. It will be best if the patient can drink water hot in most instances. The water should never be ice cold, even when the patient desires it cold, for this will prevent drinking large enough quantities. The length of the fast will depend upon the strength of the patient. He should break it at the first sign of extreme weakness, and thereafter I would specially recommend a milk diet as a means of building vitality and hastening the cure. Milk Diet No. 32 is to be preferred. If the patient has good assimilative powers, or is above weight, then Limited Diet No. 25, 27 or 30 can be used for a time. It is most important that one should eat only what is absolutely necessary to keep up strength and vitality. So long as an attack lasts it will be necessary to observe absolute quiet in order to relieve the excruciating pain. A daily hot spinal pack will be of advantage and if Physcultopathic Treatment A or B can be applied without disturbing the seat of the pain too much, or causing irritation, then it can be recommended. The comfort of the patient, however, should be the keynote of all treatment.

It is very important that a perfect supply of pure air be furnished the patient, and best of all if he can be out-of-doors, properly protected from the cold if the weather is severe. In most cases a hot water bottle placed upon the cot or bed, adjacent to the painful region, will be of great advantage in relieving pain and promoting that active local circulation which is essential in restoring the nutrition and tone of the affected tissues.

SCLERODERMA.—This is a diseased condition of the skin characterized by hardening and stiffening, and if proper constitutional measures are not adopted it may result seriously. It may be circumscribed, in which case the neck, face or forearms, chest or lower extremities are most usually affected, or it may be diffuse. The disease is chronic in nature and involves the increase of all of the sub-cutaneous connective tissues with diminished activity of the blood-vessels. Hardening may pass in time, atrophy of the skin taking its place, whereupon it becomes thin and shiny and stretched.

Treatment. Improved circulation and more perfect functioning of the organs are absolutely essential in the treatment of this disease. General constitutional measures should be adopted for purifying the blood and building vitality. If the assimilation is poor, fasting or a milk diet regimen will be advantageous, but if not below normal weight a choice from Limited Diets Nos. 20 to 29 may be adopted for a little time. Free water drinking will induce the activity of the bowels. Wet sheet packs or perhaps local applications of alternate hot and cold may be recommended with vigorous rubbing with olive oil following. Air baths, sun baths and dry friction baths are especially important in this connection. Beyond these suggestions a general constitutional regimen may be followed as in the case of other skin diseases.

SCOLIOSIS.—Lateral curvature of spine. See *Spine, Diseases of.*

SCOTOMA.—An impairment of vision, the result of mental and nervous debility or of an anemic condition. The ailment is characterized by sudden flashes of blinding light by which the sight is for a short period completely lost in the eye affected. These flashes are seen when the eyes are either open or closed. When both eyes are involved, temporary blindness results.

Treatment. See *Sight, Disturbances of.*

SCROFULA.—*Symptoms.* A disease of the blood and lymph the ravages of which generally affect the skin and bones but often extend to the mucous membranes, the glands, the eyes, ears, and nose. The disease appears in childhood and indicates a tubercular tendency.

Its principal symptoms are a dry and harsh condition of the skin (especially of the face and neck), which peels and scales in small and powdery flakes; swelling of the glands around the neck and jaw, under the arms and in the groin. These swellings at first are hard and painless, often attaining the size of a small egg, and finally soften and suppurate when a discharge of pus and thickened lymph follows. Often the eruption lasts for months and the size of the fissure slowly increases. After healing a disfiguring scar remains. Catarrh

PLATE K



Ring worm. This disease is not attended by elevation of the skin, but the spots attacked are depressed and lower than the surrounding tissues.



Scrofula.—Sores on leg.

of the nose and eyes, is often present and as this condition dries, scabs form within the nasal passages and eye corners. The internal and middle-ears may also become affected and this, in conjunction with the eye trouble, causes impairment of vision and hearing. Finally the disease may affect the bones and joints and inflammation follows with a discharge of purulent pus.

A tendency to scrofula may be recognized in children by their pale anemic, and wizened appearance, red and swollen eyelids, and sores on the lips and within the nostrils.

Scrofula is to a certain extent and from a physiological point of view allied with consumption. Some authorities term it a disease of the tissues. As a matter of fact it is a disease of the blood. Its poisons accumulate in the life stream and from thence, direct its attacks on the bones, glands, skin and membrane of the body. Its symptoms may be noted in the legs, feet, hands, arms or in the neck. On the other side of the Atlantic the disease is known as the King's Evil and a tradition obtains that it can be cured by the touch of a monarch. There are many who hold that it is an hereditary taint from a syphilitic ancestor. Be it as it may, it is still a blood poison and therefore calls for constitutional methods of treatment.

The fact that the disease is accompanied by an eruption and swelling of the glands indicates that the body is making efforts to throw off the poison that has obtained lodgment within it. This is the clue for the treatment and we cannot do better than faithfully follow the hint that Nature has thus given us. Drugs of all kinds are worse than useless inasmuch as they complicate the ailment and ultimately bring about a condition of the body that is far worse than that in which they found it.

Treatment. Everything that can be done with a view to securing activity of the excretory organs must be attempted. A full enema once a day may be used with advantage. Special attention must be paid to the diet. Salt meats of any kind must not be used, and indeed flesh foods should be avoided or reduced to a minimum. Fruits and vegetables should form the

basis of the daily meals. Cereals may be used but not to the extent of the other edibles just mentioned. When the disease is especially serious, a fast of from two to seven days should precede all other treatment. If the patient—child or adult—cannot fast entirely, then let him follow Partial Fasting Regimen No. 8 or 9. If the fast is followed by a fruit and milk diet, (see Vol. III, p. 1754) taking three meals daily of whatever fruit is most desired and drinking milk therewith, one may rest assured that the symptoms will change for the better.

In order to secure thorough activity of the skin, a dry friction bath must be taken daily. It would be well to follow this with a cold bath, provided that the patient recuperates naturally with a feeling of warmth. If otherwise, the bath may be tepid. The patient should live outdoors as much as possible. If he is a child, he should be encouraged to play all kinds of games. Exercise is of the utmost value in building the vitality that is necessary to overcome the disease. The free use of water is recommended, but it should not be taken until thirst demands it. As has been intimated, this malady almost invariably makes its presence known at birth and unless properly treated, continues through life. Yet you may rest assured that if the afflicted ones are given the treatment that builds strong muscles and develops a healthy, vigorous body, the disease will disappear and the child will become a fine specimen of manhood or womanhood.

SCURVY.—(*Scorbutus.*) A disease due to insufficiency of salts in the blood. The symptoms which arise are inflammation and bleeding of the mucous membrane of the mouth, the teeth loosen and the breath is malodorous. The external skin becomes dry and livid or purplish in spots. Digestion is impaired and constipation is invariably present.

In former days when the length of a sea voyage necessitated a monotonous and dry form of dietary in which fruit and vegetables were a negligible quantity, and in which many of the articles consumed were preserved in salt, scurvy was of common occurrence amongst sailors. But with cold storage facilities and greater variation in diet it is comparatively rare.

Inasmuch as this disease is the result of defective nutrition the treatment consists in the restoration of normal digestion and the adoption of a satisfactory diet. As scurvy occurs chiefly among those who eat large quantities of salt meat and are deprived of the use of vegetables, it is evident that the absence of *organic* salts such as are found in the plant-foods is the cause of the malady. Therefore a cure can be effected by injecting into the diet the nutritives that the patient's system demands; but such a method of cure is a comparatively slow process. In order to obtain rapid results, it is best to adopt a general regimen for the purification of the blood. I would therefore recommend fasting until the acute symptoms have disappeared and the alimentary canal is cleansed of all impurities. The free drinking of water is of special benefit and I would therefore advise Fasting Regimen No. 3.

Owing to the fact that constipation invariably accompanies this disease, the enema must be used once or twice a day at the beginning of the fast, and subsequently every day, or as often as necessary.

The fast to be broken by a breaking-fast regimen adapted to the length of the former, and after that, an exclusive milk diet should be followed until the patient has regained all the weight that he has lost or until his weight has become normal. Milk Diet No. 32 is recommended in this connection, though if this is not possible, Milk Diet No. 36 may be used instead. Milk contains a due proportion of organic salts and minerals; hence its value in the treatment of this disease. After normal weight has been regained and the patient returns to ordinary foods, special attention must be given to fruits, salads and vegetables. Salad Diets Nos. 84 to 87 may be followed for a week, one diet being adhered to for a given day. Thereafter, a large percentage of uncooked foods will be of advantage and Fruit and Nut Diet No 80 as well as Cereal Diets Nos. 81, 82 and 83 are to be highly recommended.

As in all other diseases whose cure depends upon improved nutrition, outdoor life and active exercise must be allied to a use of appropriate nutritives. Such exercise induces a vigorous

appetite and stimulates the metabolic processes, or in other words, the cell activity involved in the rebuilding of the body tissues. Other measures of a constitutional nature will be of advantage, including air baths, sun baths, friction baths and deep breathing exercises.

SEA-SICKNESS.—*Symptoms.* A peculiar and morbid condition marked by nausea and vomiting, experienced by many persons while on a rolling vessel at sea, or under other circumstances in which they are subject to an undulating motion. There are various explanations of the phenomena of sea-sickness, though authorities differ. Undoubtedly, disturbances of equilibrium that especially affect delicately constructed circulation centers have much to do with the disorder, but it would seem that both nervous and gastric disturbances are active factors in the matter. Probably the disturbances of the equilibrium would have little effect in the case of a person whose stomach is perfectly normal and healthy. An unwholesome diet on shipboard has much to do with the derangement of the stomach and thus makes one particularly liable to distress and disturbance of this kind.

Treatment. Careful attention to diet, avoiding rich and indigestible food will usually enable one to keep his stomach in such a condition that a moderate nervous disturbance at sea will not precipitate any disorder. I would particularly suggest the use of fruits and green salads. Meat, eggs, and very heavy food should be avoided. In case of extreme susceptibility a complete fast would be necessary or a partial fasting regimen or limited diet in which only acid fruit is used, can be recommended. Indeed, it would be well to fast or to adopt a strict diet one or two days previous to going on board. Water should be used very freely and if there is any tendency to constipation, special attention should be given to this.

In connection with such modification of diet as may be necessary, general constitutional measures should be adopted. Vigorous exercise should be indulged in. Staying in bed below deck is advised, but it would be far better to stay on deck and get fresh bracing air. Walking on deck is also of great

advantage. Any measures that tend to maintain the functional tone and invigorate the nervous system should be adopted. The use of cold water baths will be found very bracing and helpful as a means of combating sickness, and I would particularly suggest a cold affusion or cold pack to the spine.

SEBACEOUS CYST.—See *Cyst.*

SEBORRHŒA.—See *Dandruff.*

SEMINAL LOSSES.—(Spermatorrhea.) An involuntary discharge of semen at infrequent intervals and generally during sleep. When these emissions take place periodically and the health of the individual is normal they are not to be regarded as a morbid symptom or in any way prejudicial to health. When the discharge, however, takes place nightly or several times during the night, it becomes pathological, and unless constitutional measures be adopted to check it, serious mental and physical disturbances will follow. The causes which produce such losses are abnormal sexual excitement and irritation, such as masturbation, sexual intercourse in excess, sexual connection at too early an age or too stimulating a diet.

Treatment. As this weakness is largely due to an impairment of the nerves controlling the seminal function, the treatment must be of a constitutional nature. There must be a radical improvement in the purity of the blood, and hence exercises, air baths, dry friction baths, sun baths and cold water baths because of their cleansing and tonic influence upon the system, are particularly valuable. In addition to this, cold sitz baths taken each night before retiring are of exceptional value by invigorating the generative system and improving the local circulation.

Exercise is absolutely indespensable for building up the constitutional vigor required in a case of this kind. Outdoor life is advised whenever possible, but in any case the muscular system must be actively employed in order to develop functional and vital energy. As I have shown in my discussion of the subject of exercise in Volume II, muscular

weakness is absolutely incompatible with a high degree of health and nervous vigor. Consequently, the unfortunate who suffers from this disorder should strive to perfect his bodily development until he acquires the semblance of vigorous, virile manhood. Let him take a pride in his body and strive to make it as powerful and beautiful as it was intended to be by the Creator. Let him be satisfied with nothing less than the utmost perfection of his physical being.

In most instances it is best to take a system of special exercises in the morning followed by a bath suited to the strength and recuperative powers. In the beginning the patient may not be able to do more than take a sponge bath, but as he grows more vigorous he will enjoy a shower or cold plunge bath. He should take a long walk daily, and practice deep breathing. As he gains in strength he can increase the distance of the walk which should be taken in the morning, but if this is inconvenient the evening will do.

Hot spinal packs stimulate and invigorate the nervous system. They may be taken in the morning, following general exercise. In connection therewith, Physcultopathic Treatment G can be adopted, varied with exercises given in Physcultopathic Movements M and N. However, for developing nervous vigor and rugged manhood I would especially recommend the exercise for the back and spine given in the supplementary charts attached to the covers of Volume II.

By way of thoroughly renovating the system and building up vitality and strength, a more radical dietetic regimen may be of advantage. Where the vitality is low and the weight greatly reduced, a prolonged fast would be inadvisable. However, a fast of two or three days will be beneficial after which a milk diet may be taken. In cases of extreme emaciation and debility, a fast of one day may precede a milk diet, using Milk Diet No. 32 if possible, or if the occupation prohibits, Milk Diet No. 36. In some cases a milk diet may temporarily increase the losses but the vitality will be so greatly increased in the long run that this need not cause alarm, and after regaining normal weight the patient will find a marked lessening of the frequency

of these losses. While on the milk diet a neutral bath may be taken each day with exercises in the morning; after the milk diet, the neutral bath may be discontinued.

There are some instances in which the stimulating qualities of the cold sitz bath will prove to have an irritating effect on the genitals of the patient, and in that case it should be discontinued. However, in most cases an increased vigor results from the bath which helps therefore to restore a normal condition. Where the cold sitz bath brings about overstimulation, a hot one may be taken before retiring which will increase the circulation and bring about a more or less relaxed condition. I would say also that cold packs applied to the upper spine before going to bed will have a tendency to reduce any excitement. In some cases the pack may be applied to both the upper spine and the back of the head.

Activity of the bowels is a most important matter. Even a moderate tendency towards constipation will have a very marked effect for the worse upon this disorder. (See treatment for *Constipation* if there is any tendency in this direction.)

Another important suggestion is to refrain from drinking for two or three hours before going to bed. Where a milk diet is being followed it will be well to end it for the day at six or seven o'clock, as the pressure of a full bladder upon the prostate gland may bring about emissions of the kind under consideration.

The patient must assume a proper position during sleep. Also good results are obtained by raising the bedclothing over the center of the body and thus avoiding any irritation from that source. This can be accomplished by means of a safety pin through which a wire or heavy twine is run from the top of the bed to the foot, the covering being draped over it. By this means the body can in a measure be given an air bath underneath the bedclothing. It is especially important to avoid too much covering or becoming overheated during the night.

The mental condition must be guarded; morbid and unwholesome thoughts will invariably give rise to manifestations of the kind in question and the patient should make it a point

to think clean thoughts and when not engaged in his usual occupations, to busy himself more or less with some form of healthful mental or physical activity. This is a far more important matter than may be supposed and one that calls for special emphasis. Beyond this, remember that a cure of this disorder depends upon building up the nervous vigor and physical powers, both as regards the external muscles and the internal functions of the organism.

Septemia.—(Septicemia.) See *Putrid Fever*.

Shingles.—(Herpes Zoster.) A disease of the skin accompanied by neuralgic pains and other nervous irritation. The ailment usually appears upon one side of the body and the area involved becomes red and inflamed. Small blisters then arise, many of which grow to the size of a finger nail, and are often grouped in clusters resembling a bunch of grapes. Shingles sometimes attack the chest, the abdomen, the neck and forehead. As a rule the blisters dry through internal absorption and without external discharge. The affected skin then forms into crusts and when these fall off a temporary scar is seen.

The neuralgic pains always precede the outbreak upon the skin; and after the disappearance of the eruption the nerves continue to show signs of irritation for lengthy periods.

Treatment. Inasmuch as this disease is of nervous origin, efforts must be made to build up the nervous system on the line of constitutional treatment indicated in neurasthenia and similar maladies. It must not be forgotten that weakness of the nerves is invariably due to impaired functions of the bodily organs and an unsatisfactory blood supply. Alternate hot and cold applications to the affected part will stimulate local circulation. Inasmuch as the eruption usually follows the course of a cutaneous nerve, excellent results can be accomplished by stimulating the spine which, the reader need hardly be told, is the root or center of all nerves. Physcultopathic Treatment C or E is therefore recommended in connection with a hot spinal pack, the treatment beneficially influencing the dorsal region of the spine.

But, while granting that nervous irritation is the cause of this disorder, it would hardly bring about an eruption of shingles unless the blood was in an impaired condition. Therefore, there must be purification of the blood stream and a complete renovation of the system in general. In many cases, a partial fasting regimen should begin the treatment, but if the patient is in poor health, a fast of from two to three to perhaps ten days will be more effective, depending upon the individual strength and weight. Thereafter Milk Diet No. 32 is recommended if the patient is thin and of low vitality, but where the assimilation is good and the weight nearly normal, a limited diet should be adopted, choosing from Limited Diets No. 20 to 29. Where this is done the patient should avoid eating any more than is necessary to keep up his strength.

Outdoor life with long walks, air baths and sun baths, and a proper amount of general exercise is essential. A general vitality-building regimen should be adopted.

SHOCK.—See *Collapse;* also Vol. III, pps. 1657-71-75.

SIALORRHEA.—See *Salivation.*

SIGHT, DISTURBANCES OF.—*Symptoms.* The powers of vision may be disturbed by and suffer serious injury from those diseases to which the eyes are liable. (See *Eye, Diseases of.*) But in addition to these pathological conditions, the eye is subject to a number of disorders due to a gradual impairment of its structure, though no specific diseased condition may be present.

Farsightedness or *Presbyopia* is the most common of all forms of sight disturbance. As a rule it appears about middle life and is characterized by an inability to clearly distinguish nearby objects of a small size such as printed and written matter. This defect is due to loss of contractile power of those muscles upon which the eye depends for increasing the curvature of the lens for near vision.

Longsightedness or *Hypermetropia* is identical in its symptoms to farsightedness and is caused by parallel light rays from a distant point becoming focussed behind the retina. This disturbance usually is congenital, and exists from birth.

Nearsightedness or *Myopia* is just the opposite to long-sightedness. It is caused by parallel rays from distant objects becoming focussed in front of the retina. The condition is congenital, but becomes aggravated in the course of time. Near objects, however, can be distinguished perfectly.

Astigmatism is a frequent accompaniment of nearsightedness and is caused by irregularities of the curve of the surface of the cornea.

Asthenopia. Weakness of vision due to a failing of the visual nerves and muscles. The affection shows itself by an inability to use the eyes for any length of time without aching, pain in the forehead and swimming of the eyes.

HEMERALOPIA. (*Night Blindness.*)—Painful disturbance of sight when the eyes are exposed to intense light.

Squinting. The inability to focus both eyes upon one object with the result that the eyes appear to be looking in different directions; or, through paralysis of the ocular muscle the position of the eye or eyes becomes permanently faulty.



Look far to the right; then far to the left.

Squinting may be caused by any of the diseases or disturbances to which the eyes are subject. Longsightedness in its acute form often results in an inward squint, nearsightedness in an outward squint. When the eyes are weak from birth squinting often develops.

Treatment. Oculists or so-called specialists usually declare that the eye trouble whose symptoms have just been re-

cited can in all cases be cured or ameliorated by the use of eye glasses. In some cases they also advise the use of "eye-drops" or other remedies in conjunction with the lenses.

Now we maintain that these methods are in the majority of cases totally inefficient, not to say wrong. Disturbances of the sight can be cured by natural methods, no matter whether they take the form of astigmatism, myopia, hypermetropia or any other of the troubles just recited.

We insist that the eyes are capable of adapting themselves to individual requirements just as the muscles of the body will develop in order to meet the demand upon them. But in both cases they must be supplied with the vigor and pure blood that are alike necessary for them to perform their functions.

Therefore, if you are suffering from any defect of the eyes, you may be sure that the eye circulation has not been given a due quantity and quality of blood. In other words, there is an anemic condition due to blood that is not sufficiently rich in those elements that supply it strength and vitality. To use a metaphor, the furnace of the eye is not receiving its proper fuel and therefore the mechanism of the organ cannot perform its work as Nature intended that it should. It follows, that the treatment for these troubles must take the form of methods that cleanse, enrich and, if necessary, increase the blood supply.

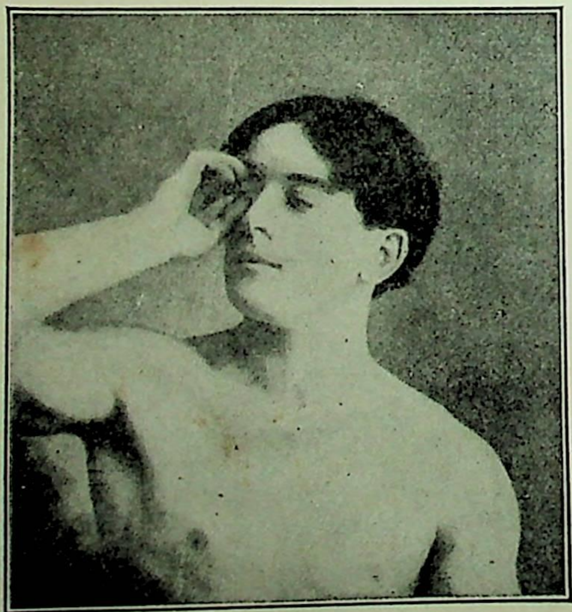




Look far upward; then far downward.

I have come in contact with or have received communications from hundreds of those who, suf-

fering from eye troubles, had at first adopted eye glasses, and, later, the methods of our treatment. The glasses brought no relief but in a great many cases aggravated the trouble. If you are over-working your eyes in any way, such over-work must be stopped. The organs are capable of a certain amount of effort daily and if one exceeds those limits they will gradually grow weaker and weaker. It follows, therefore, that the first step to bring about a cure must take the form of relieving the eyes from an excessive strain. Unfortunately, the exigencies of modern life very often compel one unduly to try his eyes. Circumstances may render it difficult to change this condition, yet the patient should always remember that the most desirable of all our senses is that of sight; that if it is badly impaired it can hardly be restored and that every sacrifice should be made in order to prevent such impairment. When the eye defect is congenital, as in Myopia, Hypermetropia, and especially Astigmatism, glasses will relieve it. Also in Presbyopia, which is due to a physiological change (old age), eye glasses can help.



Massaging the muscles of the eyes. Press finger and thumb around socket of eye, pressing as lightly as possible on eyeball, endeavoring to massage the eye muscles.

It will almost always be found, too, that the vocation which calls for this continued strain upon the eyes is one that is inimical to the general health. The body being thus brought to a condition where its vitality is below par, reacts upon the eyes, weakening them and intensifying the defects to which they are liable. It follows, then, that a constitutional treatment is the basis of a cure for these defects. Indeed, it is impossible fully to rem-

edy the latter until the muscular and vital vigor have been restored to normality.

Patient should follow Fasting Regimen No. 2 from two to five days, although if it be continued for a longer period, it will hasten the up-building processes, provided that your weight is normal or somewhat in excess of normal. If the fast seems unduly weakening, it should be maintained for a short time only. Exclusive Milk Diet No. 32 or 33 should then be followed, but if it is difficult to do this, then use Milk Diet No. 36. At the end of a few days Milk and Fruit Diet No. 43, 46 or 47 may replace the milk diet. Subsequently follow some wholesome diet of a general nature, be careful to avoid over-eating, masticate thoroughly, and, of course, avoid all intoxicating liquors and tobacco.

The eyes should be given a daily bath of cold water in which ordinary salt has been dissolved, say a teaspoonful of salt to a goblet of water. Such a bath can be taken with the assistance of an eye cup by filling the cup to the brim, placing it over the opened eye, pressing it firmly while in that position and then throwing back the head. Or you may take a large bowl of water, dissolve half a handful of salt therein, immerse the face, open the eyes and roll them in all directions so that every part of the eyeballs will come in contact with the water. Continue the bath as long as you can hold your breath and repeat two or three times in succession. This bath should be taken in the morning and evening.

Some exercises for the eyes which will help greatly in building strength of these organs are here illustrated.

Eye massage may benefit in many cases. Other methods of stimulating circulation in and around them may be of some value, yet I do not consider them of special importance.

SKIN, DISEASES OF.—*Symptoms.* There are over a hundred well-defined diseases of the skin and probably no other form of human ailment creates an equal amount of discomfort and irritation, yet none are easier to cure. Many of them are symptoms of some serious disorder such as a zymotic or infectious disease; or they may be due to the presence of a

parasite; or again they may exist as an independent disease. (See *Erysipelas; Favus; Fish-skin Disease; Herpes; Lupus; Prickly Heat; Scabies; Shingles,* and *Tetter.*)

Skin blotches or pimples are the most prevalent of all ailments of the cuticle. They may appear on any part of the body, but as a rule the face, neck, and chest are chiefly affected. These pimples vary in size from a pin's head to a bean, and exude either a blackhead or a small collection of pus. These eruptions of the face are especially common in males between the age of puberty and the time of complete physical development. They are usually due to disorders of the digestive tract. (See *Acne.*)

Eczema. An inflammatory condition of the skin and a consequence of dietetic indiscretion. It is sometimes erroneously attributed to nervous disorders. The eruption appears in many forms—simple inflammatory redness, scales, pustules or harshness and dryness of the skin with the formation of fissures, crusts, and scales. Like all other skin ailments it is easily cured by an alteration in the sufferer's mode of life along eliminative lines. (See *Eczema.*)

Treatment. An eruptive disease of the skin is a manifestation of an unwholesome condition of the blood that can be overcome by eliminating the toxic principles which have obtained lodgment in the body, and by improving the circulation. The excretory organs including the pores of the skin must be stimulated. The most effective method of bringing about this action of the pores is by the use of wet packs, hot or cold, which may be alternated, the cold being applied last. In case such a disease has brought about a hardened and rough condition of the skin, the application of olive oil will be found to be of advantage. Where the eruption is sudden or unusually severe, the entire body should be swathed in a wet sheet pack and in addition, air baths and sun baths will be found to be productive of much benefit. Dry friction baths are to be recommended in nearly all types of this disease, except where they cause irritation, inflammation or general discomfort.

Steam baths are particularly valuable as a means of induc-

ing copious perspiration and active elimination. In the absence of a steam cabinet bath, a sweat bath may be improvised by means of a hot foot bath in a warm room, the patient being wrapped in a wet blanket while he drinks frequently of hot water or hot lemonade. This treatment should be followed by a cold sponge bath or cold douche, but care must be taken that the body does not become chilled.

All forms of constitutional treatment for building up vitality and increasing the vigor of the functions and excretory organs will, of course, prove beneficial; by the adoption of such treatment, the impurities of the blood will be eliminated through natural channels instead of by skin eruptions. A vitality-building regimen should be adopted, especial attention being given to walking and general exercise. Where the health is imperfect and the disease persistent, a fast should be inaugurated to be followed by a milk diet. Fasting Regimen No. 3 is recommended in this connection, to be followed by Milk Diet No. 32, or if this latter is not convenient, No. 36 may take its place.

In a great many cases, constipation is the cause of this class of maladies; it is necessary, therefore, to take steps to insure the regular action of the bowels. The exercise and diets already suggested will help in this direction, but it may also be well to use enemas or sand. For detailed instructions of the treatment for constipation, the reader is referred to that subject which should be carefully read and faithfully followed.

Sleeplessness.—(Insomnia.) Inability to sleep for normal periods is a symptom of nervous derangement and is rightly regarded as a grave symptomatic warning, being often a precursor of complete mental collapse. For though it is possible to forego one's proper allowance of sleep for a period extending over months and even years, the inevitable breaking point must arrive sooner or later.

Though insomnia often proves intractable to ordinary treatment and many artificial aids have to be invoked to induce slumber, there is no other nervous disorder which yields so readily to appropriate dietetic and constitutional measures.

Sleep is as necessary as food or air. An inability to obtain slumber is a precursor or accompaniment of a number of diseases, including those that affect the mentality. Indeed, one of the most characteristic symptoms of certain forms of insanity is the inability of the patient to obtain sleep. Indicative, too, of the abnormal mental or nervous conditions that arise from the high pressure of business or social life nowadays, is the insomnia that is common to our larger communities. This is saying nothing about those errors of diet, lack of exercise and the artificial recreations that are among the wrongs that civilization inflicts on those who come under its influences.

Treatment. In attempting the cure of insomnia the cause of the trouble must of course be ascertained in order to suggest means necessary for a cure. From a physiological viewpoint, sleep is the result of the gradual withdrawal of the blood from the brain. It follows then that sleeplessness is due to the brain being supplied with an undue proportion of the vital fluid at that time of day when such normal supply should be at a minimum. The nervous tension to which allusion has just been made, causes this surplus amount of blood to circulate in the cerebral region and hence we have insomnia. There are mechanical as well as mental methods of overcoming such a condition. So far as the former is concerned the best and easiest method is to devote five or ten minutes to vigorous exercises just prior to going to bed, giving special attention to movements of the back and neck that assist in inducing a free and regulated circulation. By these means, the pressure of blood in the head may be removed and at the same time a harmonious condition of the nervous system will be created.

Sitting in bed, clasping the fingers underneath the knee and pulling up vigorously, from fifty to one hundred times or until the muscles in the small of the back are thoroughly tired, will be found to be an effective remedy. Another exercise consists in relaxing the muscles of the neck, pulling the head downward and throwing it back and continuing the movement until the muscles of the back of the neck are thoroughly fatigued. Indeed any of the movements that bring into action the muscles

of the neck and spine and produce increased breathing will insure results of an effective character.

Another remedy is to wet a towel in cold water, wring it out and wrap it snugly around the neck. See to it that it fits closely at the back of the neck. Or use a girdle pack thus: Wet a towel with cold water, fold it until it is from four to six inches in width, wring it out and pin it around the waist next to the skin. Place a dry towel over it. The soothing influence of this girdle is usually most satisfactory. A cold shower or tub bath of four or five minutes' duration just before going to bed, will also induce sleep. In some instances the sedative influence of a neutral bath will be more effective.

There are various other mechanical methods of banishing insomnia but those described should be sufficient to bring about the desired results.

So far as mental methods are concerned, it is suggested that the patient, by an effort of will, divert his mind from the subject which disturbs his slumbers. Many people take their business worries or social aspirations to bed with them and sleeplessness follows. These disturbing bed-fellows must be gotten rid of and their place filled with thoughts of a pleasant and soothing nature. If the mind be concentrated on an agreeable subject, or if it be exercised in accordance with some of the old-fashioned remedies for insomnia, such as counting up to ten thousand; making a mental picture of a hundred sheep going through a gap in a hedge one at a time, "Nature's sweet restorer" will generally visit the patient.

It need hardly be said that opiates of any kind must be religiously avoided. They simply aggravate the condition and make the cure more difficult. It must not be forgotten that insomnia, as already intimated, is actually due to an abnormal constitutional condition and hence outside of such suggestions just made, constitutional treatment looking to the up-building of the physical strength and general vitality must be inaugurated and maintained. In many cases, if the sleepless one will take sufficient exercise through the day to leave him physically tired, that is, muscularly tired, at night, he will have no

trouble in sleeping. Long walks alone will solve the problem in some cases. A drink of hot water, or perhaps half a glass of warm milk, will often serve so effectually to draw the blood to the stomach and away from the head as to enable the sufferer to go to sleep almost immediately. In case of much mental excitement, also, a hot foot bath, combined with cold cloths applied to the head and back of the neck will be effective.

SMALLPOX.—(Variola.) *Symptoms.* A virulently infectious febrile disease characterized by the eruption of pustules over the whole of the body, and sometimes even within the cavities of the nose and throat. Smallpox is in every respect, a "filth" disease; and probably no other human malady equals it in cleansing value or is more salutary in its effects when properly treated from its inception.

The disease begins with severe and violent fever, accompanied by headache, delirium, vomiting, backache and aching of the limbs. This condition lasts for three or four days during which a red rash breaks out over the abdomen. This eruption quickly spreads to the face and forehead until within a week the entire body is covered. By this time the rash has taken the form of hard red spots, and these spots gradually become converted into pustules. The more severe the infection, the greater the number of these pustules and the closer they are together. During their formation the fever decreases in intensity. But concurrently with the accumulation of pus it again rises, then remaining at a high degree until the eruption discharges its morbid accumulations. The pustules then dry and crusts are formed which scale off several weeks later, often adhering as long as thirty-five days. The scars which often remain are usually proportionate in their disfiguring effect to the length of time that these crusts adhere to the skin.

Smallpox has become a comparatively rare disease, though this change is not due to the practice of vaccination but rather to modern improvements in hygiene and sanitation. The barbarous method of treatment practiced a century ago greatly complicated the course of the disease and unwittingly killed off fifty per cent. of the sufferers, hence the fear and horror

PLATE L—Smallpox



Smallpox. Scattered or discrete form.



Smallpox pustules. Close or confluent form.

which an outbreak awakened. Under more enlightened methods of treatment the malady would undoubtedly prove not only not inimical to life but of great constitutional benefit to the person who permitted his or her organism to become burdened to the degree that such violent disruptive measures become necessary or possible. When our habits are such that the organism becomes clogged and the eliminative and emunctory organs alone are incapable of discharging the morbid accumulations, we must have our violent disease. When we "stamp out" our diseases by such practices as vaccination we merely change the character of our ailments. And it is certainly preferable to be purified and remade by a vigorous dose of the smallpox, rather than ultimately suffer, for instance, the most excruciating and agonizing of all human tortures which Nature inflicts upon us, and which we term cancer.

Treatment. If the treatment of smallpox is begun in the incipient stages of the disease and is continued vigorously and persistently, only in rare cases will this disease assume very serious symptoms. As all the symptoms associated with this ailment are simply an expression of the effort of throwing out from the body a vast accumulation of the effete material that we see in the form of pus, then is it not quite plain that when we first become aware of the existence of this disease, unusual efforts should be made with a view of accelerating the activities of the blood-cleansing or purifying organs of the body?

In nearly all cases of smallpox one will find that there is much inactivity of the alimentary canal. Constipation is usually one of the most prominent symptoms. Therefore the first step should be to arouse the greatest degree of activity of the bowels.

Begin by the drinking of large quantities of hot water—as much, practically, as the patient can hold. Cleanse out the lower bowel with an enema. Once each day give a wet sheet pack, being careful to see that the patient is wrapped up heavily and that hot water bottles are placed around him with a view of exciting profuse perspiration. When giving this wet sheet pack cold milk can be used with advantage in many

instances, instead of cold water. Milk seems to have a peculiar value in allaying inflammation that is not possessed by water.

No food of any kind must be allowed the patient while the acute symptoms appear. The only exception to this would be a small quantity of acid fruit-juice, if intensely craved by the patient.

If the fever is very high, either cold baths, the dripping sheet or evaporating sheet could be given. Air baths are also recommended. Simply remove the cover and allow the air to come in free contact with the body of the patient. This is stimulating and will aid toward complete recovery. The idea that the body must be heavily covered, regardless of its temperature, is a product of childish reasoning. The body should be maintained at a comfortable degree of warmth, but if a high fever is present, an air bath is equal in value to a water bath in allaying these unpleasant symptoms, and so long as the body is comfortably warm one need not fear ill results therefrom—in fact, nothing but good can ensue.

Physcultopathic Treatment D or E could be given sometime during the day, though do not give treatments too close together. There should be definite recuperation from every treatment clearly indicated before another one is used.

You can rest assured if these methods are followed in detail, and the patient is allowed to breathe the outdoor air, or as nearly as possible, that no serious symptoms will appear in a smallpox patient, nor will there be any of the scars which are ordinarily supposed to appear in all serious cases of this disease. Though I have never personally treated a case of smallpox, I have known of numerous cases where these methods have been tried and know of no instance where they have failed to bring about the best and quickest results. In fact, in some instances, where the attack is not too severe and these methods are quickly applied, the disease will be entirely diverted and there will appear only minor symptoms. *See also Vaccination.*

SNAKE BITE.—See Vol. III, p. 1675.

SNEEZING.—Spasmodic and audible expulsion of the breath to remove mucus or foreign matter. Common in colds and when exposed to dust or irritating particles in the air. Sneezing is in itself a remedial measure, and treatment, if any should assist in removal of waste matter or avoiding irritating dust. (See *Colds.*)

SNORING.—Audible breathing, through vibration of the soft palate and uvula. Assuming a more natural and comfortable position during sleep will usually enable one to avoid it. For further details, see Vol. V.

SNOW BLINDNESS.—As its name implies the ailment is induced by exposure of the eyes for a long period to a white glare such as is afforded by a field of snow when the sun is shining on it. The symptoms are redness and swelling of the eyelids with a watery discharge; extreme pain and sensitiveness to light; and a gradual loss of sight. It is due more to constitutional than to local debility. An absence of fruit and vegetable salts in the blood predisposes the visual nerves to this affection.

SOFTENING OF THE BRAIN.—(Paresis.) See *Brain, Softening of.*

SOMNAMBULISM.—(Sleep-Walking.) *Symptoms.* This is a condition of half-sleep in which the senses are but partially suspended. It is also applied to that phase of hypnotic sleep in which the subject has possession of his senses but his will and consciousness are under the control of the operator. Somnambulism is most common to childhood and youth. The affliction sometimes attacks the adult, but curiously enough, idiots and imbeciles are rarely given to sleep-walking. In the simpler cases, there are no definite symptoms of ill health, although there may be obscure disturbances of the nervous equilibrium, indeed, the somnambulist is usually of a nervous temperament or has a tendency towards epilepsy, hysteria, coma or migraine. During somnambulism, the eyelids are closed, although they may be opened, and the pupil of the eye is dilated. The sense of touch is greatly exaggerated so that the sleep-walker seldom runs against furniture, etc. Some sub-

jects hear well, others do not. A variety of actions including the eating of a meal may be undertaken by the somnambulist, but on awakening he remembers nothing of what has taken place. Sensibility to pain may be suspended while the powers of the muscular system are unimpaired. Ordinary mental processes are active and cases are on record in which the sleep-walker has performed elaborate mental tasks. Very often a dream that has to do with the subsequent acts of the sleep-walker precedes and accompanies the walking. Speaking and singing are not uncommon.

Somnambulism is a manifestation of a disturbance of the nervous organization. Such disturbance may be due to transient circumstances or may indicate an obscure and deep seated malady in the nervous system. The phenonemon is almost invariably accompanied by a disturbance of the physical poise. The treatment for somnambulism must include methods which affect for good both the vitality and the strength of the body.

Treatment. The treatment should include a cold bath in the morning and one just before retiring. A momentary dip will be sufficient, followed by a vigorous rubbing with a rough towel. Such a bath may be varied by shower or needle baths. Plenty of exercise in the open air, particularly long walks, an amplitude of ventilation both by day and night, a diet of a wholesome nature, congenial occupation and the society of cheerful companions are all factors in bringing about a rapid recovery from this affliction.

Instructions given elsewhere in this volume relative to Insomnia (which see) may be studied with benefit by the sleep-walker. The waist girdle therein recommended is most beneficial in this connection. Any recreation, habit, or vocation that brings about a strain upon the nervous system must be avoided. Regular hours for retiring and eating should be cultivated and somnambulists should persuade themselves that their affliction will positively be remedied by the adoption of the means suggested.

Spasm.—*Symptoms.* A movement or contraction of the muscles not produced by voluntary control. The most fre-

quent form of its appearance is a spasmodic affection of the muscles of the neck. The muscles of this part contract involuntarily and this causes the head to be twisted towards the affected side (wry-neck). This movement occurs frequently and is a nervous affection due to constitutional causes. (See also *Cramp.*)

Treatment. The best means of securing immediate relief from an acute attack of this kind is to move the part in such a manner as to stretch the muscle that is contracted by the spasm or cramp, and to press the affected tissue between the fingers of the hand as vigorously as possible. This, together with kneading and massaging the muscle, and the stretching process, will usually bring immediate relief.

When possible, immersing the part in hot water or the application of hot wet packs will be of great value in relaxing the muscles and relieving the spasm. In a stubborn case, cold water may be applied to the region of the spine from which emerge the spinal nerves governing this section of the body. For instance, in a spasm of the muscles of the legs or abdomen, cold applied to the lumbar region of the spine would be effective. The muscles in the trunk of the body about or above the waist will be influenced by treatment of the dorsal spine with cold water. Spasms of the arms, neck, shoulders, or upper chest will be influenced by cold applications to the cervical spine. Treatment of the affected part by means of Mechanical Physcultopathy (see Vol. III, pp. 1513-1600) will be of great benefit.

Naturally symptoms of this kind indicate more or less vital depletion. Constitutional treatment would be necessary to insure freedom from future attacks.

It may be depended upon that as soon as the nerves have been strengthened by this constitutional treatment, there will be no further trouble along this line. Excitement and all forms of amusement or occupation which involve nervous strain should be avoided if possible. Confinement indoors is specially antagonistic to the welfare of the nervous system and the patient should make it a point to stay out-of-doors and

take long walks every day. Air baths, sun baths and dry friction baths, have a tonic effect upon the nervous system and are especially to be recommended. In most cases also an improved dietetic regimen is necessary. In many cases a modification of the diet, such as that suggested in Limited Diets Nos. 20, 22, 24 and 25 for a period of two or three weeks will be satisfactory; in other cases a complete fast will be more advantageous, by way of renovating the entire system and placing it in a condition to build up vitality and new healthy tissue with great rapidity. A milk diet (No. 32) may be used thereafter if one is reduced in weight and strength, otherwise the patient may return gradually to the use of ordinary foods, but with great care to avoid over-eating.

Aside from the use of cold water applied to the spine as a means of relieving the immediate spasm, hot spinal packs may be given each day together with appropriate Physcultopathic Treatment for the purpose of stimulating the entire nervous system. Physcultopathic Treatments C, D, E and F will be valuable for this purpose if the patient can have assistance; otherwise Treatment G, M or N is recommended.

SPASMOPHILIA.—A morbid tendency or susceptibility toward spasms. (See *Spasm.*)

SPEECH DISTURBANCES.—*Symptoms.* Inability to clearly communicate thought by means of speech may range between stuttering, stammering, and lisping to total deaf-mutism. It may be due to nervous disorders as in the case of a stutterer, to organic defects as in lisping, or to organic injury of the facial nerves as in facial paralysis.

Tongue-Tie is due to a congenital shortening of the frenum or under-cord of the tongue, this interfering with the mobility of the organ.

Aphasia is a disorder characterized by forgetfulness of words or difficulty of connecting thought and speech. It is somewhat allied with certain mental disorders. In many cases it is due to a deficient nutrition of the nerve cells and brain cells involved in speech. (See *Aphasia;* also *Dumbness.*)

Treatment. Measures for correcting these difficulties consist chiefly in constitutional treatment, thus improving the nutrition of the nervous system. Measures for purifying the blood and building up vitality are also indispensable. In cases of stammering and stuttering, it is often sufficient to avoid nervous excitement to secure a recovery. If, instead of attempting impetuously to express themselves, the patients would pause until they have complete self-possession and then speak deliberately, they will soon find themselves free from this embarrassing difficulty.

The sufferer from speech disturbances will do well to study the instructions on vocal culture in Chapter VI, Vol. II. The persistent practice of deep breathing exercises is an invaluable means of acquiring control of the diaphragm. A special regimen should be adopted for improving the general health and building up the nervous system. Where there are defects of nutrition, as there are in most instances, a special diet should be adopted, with a view not only to purifying blood but to building up vitality in every possible way. A short fast should be followed by the Milk Diet Regimen, No. 32, 33 or 36, if one is below weight, or if of normal weight by Limited Diets Nos. 20 to 25, adhering to one diet at a time for at least one day. After this, a return may be made to ordinary foods, when it is very important to avoid over-eating and other dietetic errors.

As a means of developing nervous energy, spinal stimulation will be of value. A hot spinal pack or alternate hot and cold spinal packs may be recommended, to be followed by Physcultopathic Treatment A, B or C.

In addition a general vitality-building regimen should be adopted, special attention being paid to outdoor life, air-baths, dry friction baths, sun baths, walking and general exercise.

Tongue-Tie naturally requires the cutting of the frenum, thus liberating the organ from its restricted position. It should be done by a surgeon to obviate the possibility of cutting an artery.

SPERMATORRHEA.—See *Seminal Losses.*

Spinal Cord, Diseases of.—Treatment for diseases of the spinal cord will be found under *Locomotor Ataxia,* and under *Syringomyelia, Paralysis, Muscular Atrophy* and *Infantile Paralysis.*

Tumors of the cord can only be treated by the constitutional methods suggested for tumors of other portions of the body.

Inflammation of the Spinal Cord (*Myelitis*) requires rest and hot spinal applications, otherwise the same constitutional regimen as advised for Paralysis.

Spine, Diseases of.—*Symptoms.* There are two important diseases of the spine that require consideration here. The first of these is Spinal Curvature, a condition not uncommon and in some cases not very serious, though it may lead to serious impairment of health.

The second disease, Caries, popularly known as Pott's Disease, is of rare occurrence.

Spinal Curvature consists of deflection of the spinal column from the normal. This may be either lateral or antero-posterior and often involves more or less twisting of the spinal column. The ribs may suffer displacement, giving rise to further complications. This condition is often the result of a tubercular condition and is frequently seen in young children between the ages of five and ten who suffer from rickets. Among older persons it is often due to improper carriage or to an unnatural posture assumed when sitting or working.

Treatment. While diseases of the spine are often regarded as incurable, it should not be imagined that they are utterly beyond relief. It should, of course, be borne in mind that at the outset any exercises or movements intended to remedy conditions of this nature should be performed very carefully. The milder movements taken in the earlier stages of treatment may be gradually made more vigorous as the patient increases in strength, but under no circumstances should any risk of tiring or exhausting the important nerve centers of the spine be involved by treatment.

There is no condition that so clearly demonstrates

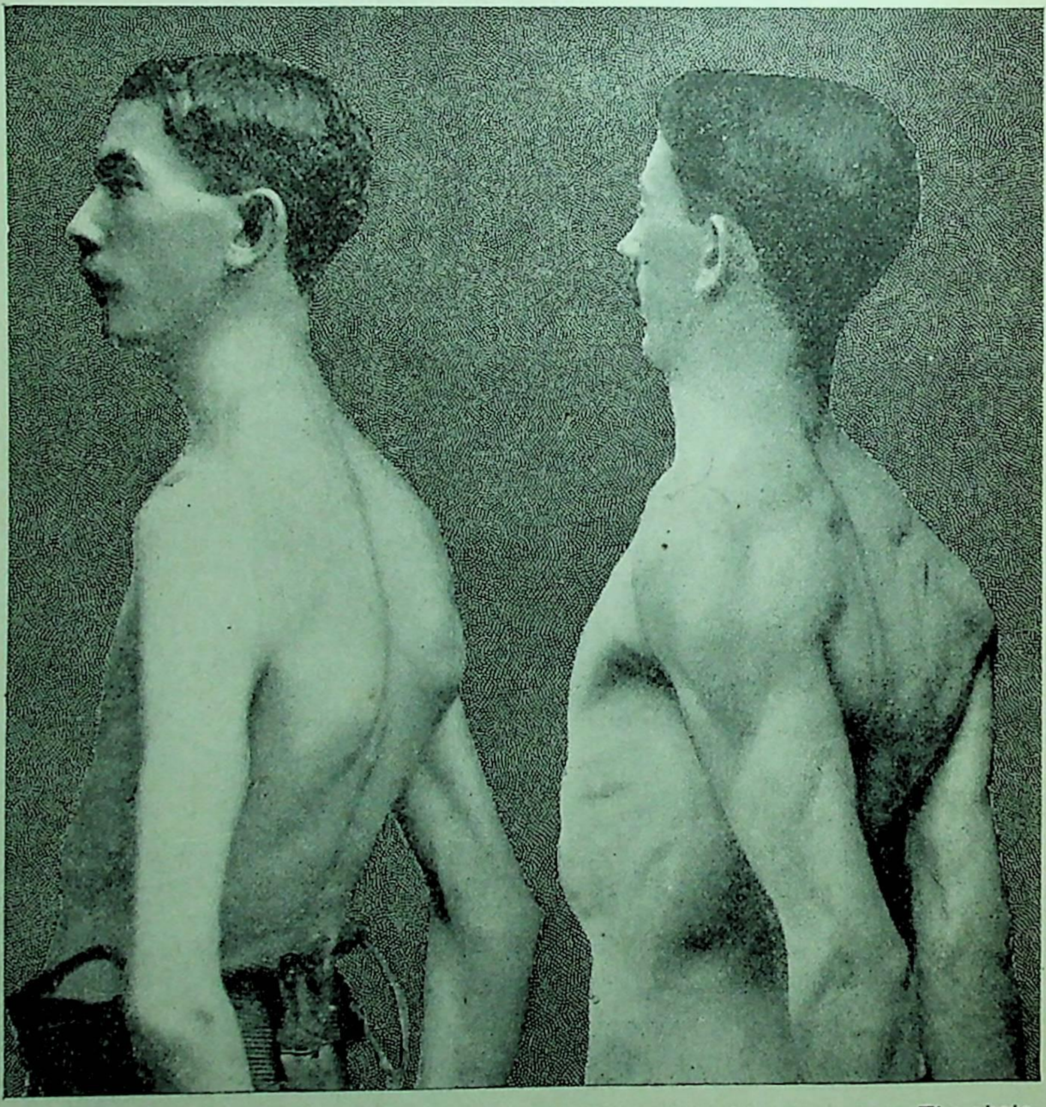
more clearly the value of Physcultopathic measures than curvature of the spine, inasmuch as many cases, that would otherwise seem hopeless, may be benefited or completely remedied. In case the curvature is due to weakness of the muscles and ligaments, as the result of lack of exercise and incorrect carriage, the remedy will consist almost entirely of exercises which will strengthen these muscles and ligaments, drawing the spinal column back into its normal alignment and maintaining a proper bodily attitude.

All measures which have a tendency to stretch the spine can be specially recommended for this purpose. Exercises which consist of hanging by the neck may be advised, executed with the use of a heavy bath towel, containing a loop into which the head is fitted and suspended from over a door. At first only a part of the weight of the body need be sustained in this way. If strong enough the back of the head may be bent back, forming an angle by which the loop of the towel may sustain the body. Exercises which consist of standing on the head, with feet against a wall to preserve the position easily, will be found very advantageous for strengthening the entire spine. All possible movements of the back, such as will be found in various sections of Volume II, of this work, are valuable. All stretching and bending exercises can be recommended together with movements for twisting and turning the spine. The reader is particularly referred to the illustrations of Mechanical Physcultopathy in Volume III, pages 1522-1599, for a number of movements affecting the back that will be very valuable in this connection. Physcultopathic Treatments C, E, F, G, I, L, M, N, also contain a variety of movements of value in this connection, but I would particularly recommend the exercise for the back, illustrated in the special charts supplementary to Volume II, and attached to the covers thereof.

In the case of most children, as already said, the disease is most frequently the result of rickets or a tubercular tendency, in short, the ultimate result of imperfect nutrition and a generally defective state of health. In such cases constitu-

tional treatment is absolutely necessary in addition to exercises of the kind just referred to. A hot spinal pack will also be of great value to precede the exercise. The child should play out-of-doors and should be encouraged in every form of activity; air baths, sun baths and dry friction baths will be of great benefit.

Radical modifications of the diet will be necessary in nearly all instances and the exclusive milk diet may be suggested as a most effective and rapid means of bringing about a condition



The photograph at left shows effects of spinal curvature in young man. The photograph at right shows the muscular development and general improvement of the same patient after a course of exercises adapted to his case.

of perfect nutrition and increased vitality. Naturally this should be preceded by a short fast of one to four days, though, in the case of children, Partial-Fasting Regimen No. 8 or 9 may prove more satisfactory. Milk Diet No. 32 should be used, modified as regards the quantity of milk consumed to suit the capacity of the child. Beyond this a general vitality-building regimen should be adopted, as in the case of rickets.

Pott's Disease or Caries. Symptoms. This is a tubercular disease of the spinal vertebræ characterized by the softening and degeneration of the bony tissues; naturally the vertebræ fail to support the weight above and the result is great deformity. The disease is more common among poorly nourished children and those who suffer from rickets; it also affects adults in some cases, being sometimes the result of syphilis. It begins with an inflammation of the bones (Osteitis) and as the vertebræ become soft and vascular, the bone corpuscles, undergoing a fatty degeneration, they waste away, even to the point of liquefaction. The extent of the deformity that ensues depends upon the vertebræ affected. The spine above the diseased parts sinks down, the body is bent forward and the spinous processes project backward. This deformity is more marked when the disease lies in the dorsal region. In the advanced stages of the disease the deformity will indicate very clearly its nature but in the beginning its characteristic symptoms are tenderness upon pressure, together with a general sense of weakness. There is a peculiar rigidity of the back, for the patient is disinclined to use the muscles of the affected part, preferring to turn the entire body rather than turn the head in looking around; he also keeps the entire back rigid by bending at the knees and hips when picking up anything from the floor. Tapping with the fingers upon the spinous processes will indicate marked tenderness, although the general sense of pain is not usually located in the part affected, but seems to be felt in the remote regions controlled by the spinal nerves which have their origin at the center of the disease. There is sometimes a sense of constriction about the entire chest and stomach. At times pus forms around the

diseased part and seeking an outlet sinks by gravity to distant parts of the body where it finally may break through the skin; thus the so-called "cold abscess" develops (which see).

The treatment of this disease must naturally be of a constitutional nature—purifying the blood, improving the nutrition of the bone tissues and eradicating the tubercular tendencies. The softening of the bone and the progress of the disease depend absolutely upon the strength and resisting power of the tissues, and for this reason every possible means of adding to the vitality of the patient should be adopted. Outdoor life, together with sun baths, air baths, dry friction baths, and all other helpful measures of this kind are to be insisted upon. In the case of children, plenty of active play in the open air should be encouraged. By our methods of treatment it is comparatively a simple matter to arrest the course of this disease and bring about a satisfactory cure, that is to say, to restore the normal condition of the spinal column, if the treatment is taken up before any radical deformity has been brought about. The general treatment should be the same as in any other case of inflammation or tuberculosis of the bone.

In the treatment of adults Fasting Regimen No. 3 should be followed for a period of at least three to five days, or for an interval of ten to twenty days in case the vitality and weight of the patient will permit it. In the case of children, a fast of one or two days will be sufficient, though Partial Fasting Regimen No. 8 or 9 would probably be equally satisfactory and far more agreeable. After this fast or partial fast, as the case may be, I would urgently recommend an exclusive milk diet as by far the most satisfactory dietetic regimen that can be adopted when it is desirable to bring about a condition of vastly improved nutrition and vitality. Milk Diet No. 32 is recommended in the case of children, but the diet will have to be modified as far as the quantity of milk is concerned. This diet may continue indefinitely or so long as the patient is gaining in weight. After normal weight is reached, Milk and Fruit Diet No. 42, 43 or 46 may be suggested for a time if it

appears more appetizing. After resuming the use of other foods, great care should be taken to insure a plentiful supply of uncooked foods. Fruit and Nut Diet No. 80, Cereal Diets Nos. 81, 82 and 83, and Salad Diet No. 87 offer splendid suggestions along this line. It is most important, however, to adhere to the milk diet until a radical improvement has been made.

Hot spinal applications should be given daily together with Physcultopathic Treatments A and B or C if the patient can endure these treatments without discomfort. Without doubt Treatments A and B will be valuable in nearly all cases. Owing to the tonic effect of exercise and its influence as a means of stimulating activity, the patient should take such general exercise as his condition will permit. He should do as much walking as possible without extreme fatigue. As his constitutional condition improves, his blood is purified, and all of his tissues are more perfectly nourished, the tubercular condition will disappear along with the inflammation, and good healthy bone tissue will result.

Where there is already a marked degree of deformity, the same constitutional treatment should be adopted for the reason that vitality, nutrition and the purified condition of the blood are the prime essentials towards recovery. Where the bones have softened and crumbled, so to speak, a support will be necessary to hold the body erect while the curative processes are carried on. Surgical implement houses everywhere can supply splints or other forms of support for the purpose, although it is best to have a properly fitting plaster cast made by an expert surgeon. In a few extreme instances it may be necessary for the patient to assume a recumbent attitude for some time, but the objection to this lies in the loss of strength which it entails. If possible the patient should be up and about, relying on his splints or supports to maintain a proper bodily attitude. The fasting regimen, milk diet and other factors of the treatment, may be carried on just the same as in the first stages of the disease. Even where such deformity has come about through the softening of the bones, beneficial re-

sults will manifest themselves by the formation of new bony tissue, the debris and waste being dried up or absorbed and eliminated. The use of splints and supports is not to be recommended, theoretically. In a case of this kind, however, they may sometimes be necessary, but even when they are used the patient should make it a point to take such exercise as may be possible. The more exercise the better. Perfect health is utterly impossible without physical activity, and it would be hopeless to attempt improvement in a disease of this kind without the increased circulation and added vitality which will be developed by a general physical culture regimen.

Spleen, Enlargement of.—This is not a disease in itself but must be regarded as an accompaniment of some other disorder such as malaria, a fever such as typhoid or some grave blood disease.

Spotted Fever.—See *Meningitis.*

Sprains.—See Volume III, page 1677.

Sprue.—See *Thrush.*

Squinting.—See *Sight, Disturbances of.*

Stammering.—See *Speech Disturbances.*

Staphyloma.—A tumor of the eye caused by the bulging or giving way of the cornea or sclera. (See treatment for ***Eye, Diseases of.***)

Sterility.—The inability to conceive or bear children. This barrenness may be due either to pathological or structural causes in either man or woman.

Undoubtedly, the most prevalent of causes which induce sterility are gonorrheal and syphilitic infection in either sex. Other possible causes are chronic poisoning by means of alcohol and other drugs, or chemical poisoning, such as lead, phosphorus, etc.

Treatment. In all those cases where sterility is the result of chronic poisoning or the result of specific diseases, naturally attention must be given to the treatment of these primary conditions. It is true that where these affections result in a radical defect in the organs concerned, permanent sterility is inevitable. In most cases, however, the increase of vital and

nervous energy, together with the improved functioning of the organs following the purification of the blood, will restore the normal faculties. In a wide range of cases sterility is the result of an impairment of the general health, or specifically, of the lack of the essential vital qualities. In all such cases constitutional building up will be effective. Every effort should be made to strengthen the nervous system because it is nerve power that lies back of all bodily functions.

In many cases corsets are a primary factor in producing the weakness in question, which sometimes disappears in cases where the corsets have been abandoned. If one has come to depend upon them, then by discarding them for a part of the time each day, taking exercises to strengthen the back and all of the other muscles of the torso, and gradually wearing the corsets less and less each day, they can be eliminated with no sense of discomfort. If possible, however, they should be given up at once and forever. The question of proper carriage is also an important one in many instances, and I would refer the reader to Volume II, pages 780, 798, 998-1005, for detailed consideration of this aspect of the matter.

In some cases sterility is the result of displacement of the womb and in that case attention should be given to the correction of this disorder. (See *Womb.*) However, in all cases a general regimen for vitality-building and purifying the blood should be adopted. In most cases the first step should be a fast of three to ten days, depending upon the weight and strength of the individual. Fasting Regimen No. 2 is suggested, followed by a proportionate breaking-fast regimen, in most cases No. 16. After this an exclusive milk diet (No 32) will be most effective in building up vitality. After regaining all the weight lost, or reaching at least normal weight, Milk and Fruit Diet No. 42, 43 or 46 may be adopted for a few days if desired, then gradually resuming the use of ordinary foods.

During the milk diet, a neutral bath should be taken once each day and such exercise as may be indulged in should be taken in the morning previous to commencing the use of milk. During the fast, however, and after the return to the use of

ordinary foods, a hot spinal pack will be of extreme value in stimulating nervous vigor. This should be accompanied or followed by Physcultopathic Treatment C, E or F, depending upon the strength of the patient. A general vitality-building regimen should be adopted, paying special attention to the importance of long walks in the open air. (See Vol. II, pages 598 and 766.)

Air baths, sun baths, dry friction baths and all other allied measures are invaluable for toning up the nervous system and improving the general health. Outdoor life should be adopted, if possible, and in any event, the windows should be wide open when indoors. Unless there is some radical structural defect these methods will restore the normal powers and functions of the generative system in all cases.

STIFF NECK.—When not due to a rheumatic condition of the muscles, stiff neck is often a premonitory warning of meningitis. Tumors of the brain and lockjaw also give rise to a stiff neck. (See also *Wry Neck.*)

Treatment. Where a stiff neck is the result of some other very serious malady or disorder, all attention should be given to the primary disease. When due to a rheumatic condition, the treatment should follow the lines indicated in the discussion on *Rheumatism,* elsewhere in this volume.

Where the cause is unknown, one may rest assured that it is the result of some abnormal condition arising out of the accumulations of waste-poisons and foreign matter in the system, and the general depletion of vitality. And since it is sometimes a forerunner of some more serious condition, no time should be lost in adopting radical constitutional measures to purify the blood.

The parts affected may be relaxed in the beginning by the aid of hot spinal packs and hot neck packs, followed by Mechanical Physcultopathic Treatment A, B, E, F or H. Other suitable movements will be found in Volume III, pages 1523, 1525, 1527, 1529, 1579, 1587, 1589. If one is vigorous even more energetic measures may be employed, including such exercises as standing on the head and suspending the weight

of the body by the head. In the latter case the head may be placed in a loop formed by a large bath towel, the latter passed over the top of a door, and held on the other side by the hands while the feet are lifted. This vigorous measure, however, can only be adopted by those who are very strong. The various exercises for the neck given in the supplementary charts attached to the covers of Vol. II may be recommended.

However, the main feature of the treatment must be of a constitutional nature because the condition has its origin in some form of constitutional derangement. If there is a suggestion of any disorder of a serious nature, a fast should be adopted immediately, to be continued until all signs of the trouble have disappeared, after which the patient may adopt either a limited diet or an exclusive milk diet according to his weight and condition. In cases of reduced vitality Milk Diet No. 32 should be adopted; otherwise Limited Diet No. 20, 22 or 25, or perhaps Fruit Diet No. 75, 77 or 78. After a few days of this regimen, a return may be made to the use of ordinary foods, taking special care to avoid over-eating.

In all cases of this kind, activity of the bowels is of great importance, for which reason enemas should be used while fasting, and also thereafter, if necessary. After discontinuing the milk diet, however, a general vitality-building regimen should be adhered to with special attention to long walks, air baths, sun baths and all other measures which make for increased vitality. (See also *Spasm.*)

STOMACH, DISEASES OF THE.—(See also *Dyspepsia, Gastritis.*)

The most general of stomach disorders is that known as Dyspepsia, which is a general term applied to almost every ailment of the stomach the symptoms of which are more or less identical, though the cause of the suffering may not be the same. (See *Dyspepsia.*)

Ulcer of the Stomach is a frequent gastric affection which often follows as a consequence from prolonged and painful dyspepsia. The same condition of the blood, which, by changing the character of the digestive secretions,

produces dyspepsia, will likewise be provocative of that internal soreness which precedes the outbreak of an internal ulcer. For this reason an ulcerated condition of this organ is much more common in women than in men and is often a development of acute anemia or chlorosis.

The symptoms which precede a gastric ulcer are, in addition to those present in dyspepsia, hyperacidity and sour eructations, heartburn, and severe stomach pain before meals. The ulcer at first is about the size of a quarter but it may grow to the size of the palm of the hand. With its development, more and more pain is experienced, both before and after meals, until even the ingestion of a small amount of liquid causes acute suffering. Vomiting immediately after food is the first serious symptom; and when the vomit is tinged with blood an ulcerous formation can safely be premised. These symptoms may appear and disappear for years, often the enforced rest imposed upon the stomach by the prompt rejection of all food, sufficing to bring about a temporary internal healing process. But with each recurrence the area of the ulcer extends and the walls of the stomach degenerate, until, with the lapse of time, the ulcer eats its way through the coatings of this organ and peritonitis and death follow, owing to the extreme emaciation of the sufferer.

Cancer of the Stomach never develops as an independent disease, but is generally a morbid growth which forms over the surface of an old ulcer. When not due to this, other gastric disorders always precede its appearance. The signs whereby the cancer can be recognized in its early period of growth are indefinite and not easily determined. But a common symptom is an obstinate catarrh of an inflammatory nature. When this proves intractable to proper treatment and is accompanied with emaciation, anemia and other dyspeptic symptoms, the presence of a malignant growth may be a possibility. The only sure sign, however, is when the growth can be felt through the skin.

Gastritis or Catarrh of the Stomach. See *Gastritis*.

Dilatation of the Stomach is another serious ailment of this

organ. It never exists as a disease in itself but is always an after-effect or accompaniment to dyspepsia, gastritis or other digestive disorder. The chief characteristic of the disease is the expansion of the walls of the stomach, and this dilatation increases the capacity of the stomach to two or three times its normal quantity, while its power of contracting after the digestion of food is more or less impaired.

The consequence of this loss of elasticity is that the muscles are no longer capable of squeezing and discharging the whole of the digested nutriment into the small intestine; thus fermentative and putrefactive processes arise and the patient is constantly troubled by the eructation of gases and acids. Vomiting, often of a severe nature, is thus a frequent symptom in all severe forms of dilatation, though mild forms of distention may persist for some time without serious inconvenience. But the end usually comes with all the symptoms of starvation due to extreme emaciation.

The degree of dilatation can usually be estimated fairly accurately by ocular inspection. The stomach sags and sinks to the level of the navel, or below this, in severe cases even reaching the pelvic bones. Like other forms of loss of muscular elasticity such as hernia, a dilated stomach is as much to be attributed to the state of the blood, as to functional and structural impairment of the organ in question.

Acidity of the Stomach is characterized by an abnormal secretion of acid in the gastric juice. This gives rise to heartburn, headache, acid eructations and belching. In its severe form the contents of the stomach are vomited and much pain is experienced. This affection is often the result of an inflammatory condition of the membrane and the exciting cause can generally be traced to the consumption of excessive quantities of carbonaceous food, especially the sugar foods.

Nervous Diseases of the Stomach. The patient is often informed that his stomach trouble is due to a nervous disorder. But this is a myth which exists only in the mind of his medical attendant. "Nerves" are a convenient medical peg on which to hang anything which cannot be explained away. And as

so many forms of stomach trouble prove intractable to the average practitioner, unversed in the simplicities of health, such an explanation serves the twofold purpose of explaining his inefficiency and satisfying his victim's self-esteem and credulity.

Inasmuch as the stomach and digestive tract make the blood, and the blood nourishes and remakes the nerves, the nervous system remains healthy and vitalized whilst the purity of the vital fluid is maintained; and the blood remains pure whilst the integrity and wholesomeness of the alimentary tract are preserved.

Treatment. There is perhaps no disease which can be more effectively treated by our methods than the various stomach disorders. Within the stomach we find the beginning of the blood-making process. In fact, no matter what disease you may be attempting to treat, you should first of all prescribe for the welfare of the stomach, for the blood is responsible for the work of repairing the body. Treatment for dyspepsia is given in detail in another place. However, chronic ulcer of the stomach can be treated by very similar methods. It is due in practically every instance to the habit of eating beyond the digestive capacity, taking more food than can be satisfactorily and thoroughly digested.

I would advise, first of all, Fasting Regimen No. 2, to be adhered to for from three to thirty days, depending altogether upon the weight, strength and vitality of the patient. In fact, a long rest for the stomach in this disease is of paramount importance. You should remember, however, that this fast must be broken very carefully. If anything, it would be safer to eat less than is prescribed in the breaking-fast regimen, which should be adapted to the length of the fast. In nearly every instance Milk Diet No. 32 should be carefully followed for several weeks, or at least until the patient gains as much weight as possible. This increased weight does not merely mean added fatty tissue, but in nearly every instance it means a thickening of the walls of the intestines, which means added digestive power and increased vitality generally. If one's oc-

cupation makes No. 32 impossible, then No. 36 can be adhered to, though after having followed this regimen for a little while, Milk and Fruit Diet No. 43, 46 or 47 could be used. Thereafter it would be well to continue for sometime on one of the combination milk diets, selecting one that seems to please your appetite. You should remember, however, that if at any time you find your appetite disappearing and you no longer have a keen desire for food, under such circumstances it would be well to fast for one or two days.

The selection of a vitality-building regimen adapted to the strength of the patient and followed out daily with persistence, will add to his muscular vigor and thereby increase the nervous energies and consequently add to the digestive capacity. While on a full milk diet, little exercise is advised except in the early morning, though when one begins to change his diet a great deal of active use of the muscles is necessary in order to build the vitality which is needed to assure permanent recovery. Physcultopathic Treatments F and G are especially valuable in the treatment of this disease. Physcultopathic Movements M and N are also especially recommended, series M in the morning and series N at night before retiring.

Cancer of the Stomach should be treated the same as ordinary cancer (page 1916).

The treatment of Gastritis or Catarrh of the Stomach is described under *Gastritis*.

Dilatation of the Stomach can be permanently remedied in practically every instance by a fairly long fast. It is a fact known to everyone who has had the slightest experience with fasting that as one begins to fast the stomach gradually grows smaller. In fact, after one has fasted from ten to fourteen days, the capacity of the stomach seems to have been lessened by fifty to seventy-five per cent or, in other words, it does not seem to be much over one-fourth or one-half its usual size. Now a dilatation of the stomach is nothing more than the enlarging of this organ and any process that will materially reduce its size cannot be otherwise than beneficial in character. By following a fast as long as possible without weakness which

is serious in nature, you can always bring about satisfactory results in this particular disease.

The same general regimen as advised for dyspepsia can be adhered to, though the milk diet will have to be taken with considerable care. In some cases a diet which does not require so much milk would be better. Where milk is taken, however, in quantities of not over a glass at a time and one glass every half hour, there is little danger of too much dilatation of the stomach.

The ordinary milk diet naturally increases the size of the abdomen, but where not over a half pint is taken each half hour, you can rest assured there can never be very much in the stomach at one time.

Acidity of the Stomach can also be remedied in every instance by following out Fasting Regimen No. 2 for a period adapted to the individual strength. The milk diet is especially valuable in cases of this kind and should be adhered to for several weeks if possible. A general vitality-building regimen is of great importance in this particular ailment.

Nervous Diseases of the Stomach are treated the same as ordinary stomach troubles.

Prolapsus of the stomach is caused by weakening of the muscular coats of the organ and remedied by the same methods as prolapsus of the womb or of the anus. Milk Diet Regimen No. 33 in conjunction with cold sitz baths, cold compresses and general constitutional upbuilding will be of great value.

Constipation commonly accompanies various stomach disorders and should always have careful attention. (See treatment elsewhere for *Constipation.*)

STOMATITIS.—See *Diseases of the Mouth.*

STONE IN BLADDER.—See *Bladder, Diseases of.*

STRABISMUS.—(Squinting.) See *Sight Disturbances.*

STRANGULATION.—See *Rupture.*

STRAINS.—See Volume III, page 1677.

STRICTURE.—*Symptoms.* An abnormal narrowing or contraction of a canal or duct, most commonly found in the urethra, the esophagus and the rectum, though in common

usage the term has reference to stricture of the urethra. There are three chief variations.

Inflammatory Stricture is due to local inflammation, its cure being a very simple matter if proper measures are promptly adopted.

Spasmodic Stricture is really a nervous disorder, causing a muscular contraction which has the effect of closing the canal at the affected point.

Organic Stricture is the most serious form and consists of a radical and more or less permanent constriction of the part through tissue changes, deposits of foreign matter, or in some cases, pressure from some other source. It may be the result of a previous inflammatory stricture.

Treatment. Inasmuch as stricture is given detailed consideration in the list of special diseases in Volume V, the reader is referred to that volume. However, it may be said here that constitutional measures will invariably be beneficial in reducing inflammation, in overcoming any muscular spasms, or in absorbing any foreign deposits which may be the cause of a form of permanent stricture.

STROKE.—See *Apoplexy, Paralysis, Sunstroke* and *Heatstroke.*

STRUMA.—See *Scrofula.*

STUNNED.—To be temporarily unconscious or insensible, as from a blow. (See *Insensibility,* Vol. III, p. 1670.)

STUPOR.—A condition of insensibility or of partial consciousness. (See *Coma.*)

STUTTERING.—See *Speech Disturbances.*

STYE.—See *Eyelid, Stye on.*

SUBINVOLUTION.—Imperfect or incomplete contraction of the womb after childbirth. (See Vol. V.)

SUFFOCATION.—See Volume III, page 1650.

SUMMER COMPLAINT.—See *Cholera Infantum,* also *Cholera Morbus.*

SUNBURN.—See *Burns;* also Volume III, page 1657.

SUNSTROKE.—*Symptoms.* A convulsive seizure brought about by the exposure of the bare head to a glaring sun or

excessive heat, characterized by dizziness, fever, and complete prostration. Children of poor vitality or persons addicted to the use of alcohol are especially liable to suffer from sunstroke. An after-effect of the seizure is sometimes paralysis in some form—usually of the brain or the lower limbs.

Treatment. For immediate treatment for an attack of sunstroke see details in chapter on First Aid, Volume III, page 1679. Following the immediate treatment by means of cold water douches or ablutions as described therein, it will be necessary to adopt constitutional treatment to overcome the after-effects of the seizure, and to enable the patient to regain strength and nervous vigor.

If there is a very marked degree of shock associated with the stroke, great care should be used in the treatment. Recuperation will be much more rapid if the patient is allowed to undergo a complete fast for several days. There will be no appetite anyway, and while fasting the entire organism will readjust itself much more perfectly and rapidly than if the stomach were burdened with undesired food. Activity of the bowels is very important and should be accomplished by means of enemas.

Remember that if at any time in the immediate treatment of sunstroke the temperature of the body is found to be subnormal, and the skin pallid, radical and immediate measures should be resorted to to restore active circulation. In such a case, warm applications may be made to the head while the legs and arms should be made warm by rubbing. Hot spinal packs will also be very effective in this connection.

For several days after the stroke a neutral bath will be of great value for soothing and quieting the nervous system, and also promoting moderately active elimination through the pores of the skin. This may be given in the afternoon with a hot spinal pack and Physcultopathic Treatment A or B given in the morning. The patient should drink freely of water. During the crisis of the sunstroke, moderately cold water may be given as soon as the patient is in condition to imbibe it, but as soon as the fever is reduced the water had better be used

hot. It is important that the patient have a plentiful supply of absolutely pure air, and if his strength should warrant it, an air bath should be given. This should not be attempted, however, if the air is too cold. It is essential in a case of this kind that too much treatment be not given. As the patient seems to be recovering from the shock, perhaps by the end of a week, the fast should be broken by Breaking-Fast Regimen No. 16, and a milk diet adopted thereafter.

It is especially necessary to build up vitality and nervous strength in a case of this kind. As the patient gains in strength he should gradually adopt a vitality-building regimen suited to his condition, paying special attention to air baths and dry friction baths, but strictly avoiding sun baths. For some time thereafter he should expose himself to the rays of the sun only gradually, if at all, until his normal vigor has been restored. In saying this, I refer to a too direct exposure; with the protection of ordinary clothes the patient should be out-of-doors and taking long walks as soon as he is able. Spinal packs and Physcultopathic treatments should be continued, with more vigorous treatment, as the patient gets stronger.

SUPPURATION.—*Symptoms.* The production of pus, as in the case of an abscess. Pus is an opaque, yellowish white fluid, representing the poisons or bacteria which have given rise to the disorder, together with leukocytes or white corpuscles which have been instrumental in neutralizing the foreign matter or micro-organisms concerned. Inflammation usually marks the first stage in the formation of pus and as the corpuscles of the blood combat the poisons the latter are separated from the living tissues and collected in the liquid pus, ready for discharge from the body.

Treatment. Since suppuration is a symptom or manifestation of some other diseased condition, the primary disease should be treated in all cases. However, the general instructions given elsewhere under the head of *Abscess* may be followed in all cases in which there is evidence of suppuration.

SUPRARENAL DISEASE.—See *Addison's Disease.*

SWOLLEN GLANDS.—See *Lymphatic Diseases.*

SYCOSIS.—See *Barber's Itch.*

SYNCOPE.—See *Fainting.*

SYNOVITIS.—See *Joints, Diseases of.*

SYPHILIS.—Though this disease has lost much of its virulency of former days and its effects are readily obliterated or masked by drugging, it still remains one of the most widespread contagious diseases of the present day.

Syphilis is nearly always the result of unclean sexual intercourse. For, though it is possible to acquire the contagion from a syphilitic infected person through some sore or abrasion upon the skin or mucous membrane coming into contact with the virus, such a mode of infection is unusual and need not be considered. The first sign of syphilitic infection is the appearance of a chancre upon the part of the body where contagion took place. This chancre appears in the form of a hard nodular swelling about the size of a finger nail, generally two or three weeks after infection, though in severe cases it may show itself within a week. No pain accompanies this eruption.

The second sign is the swelling of the lymphatic glands nearest to the chancre, likewise without pain. But as the virus extends its ravages and the whole body becomes infected constitutional symptoms show themselves, the most marked of which are loss of hair, rheumatic pains, rash on the skin and membrane, and general swelling of the glands. These symptoms are more or less universal to the disease. Other signs are hoarseness, pain on swallowing, swollen tonsils, headache and slight feverish attacks.

The syphilitic rash usually appears in the form of small copper red spots on the chest and abdomen or as scabs on the head and lips, not before six weeks or two months after infection.

Such are the symptoms of this dread disease in its early stages. When treated at this period by drastic constitutional measures the progress of the disease is quickly nipped in the bud and disturbances disappear. But when neglected or when wrongly treated, the later stages of the disease may result in

the formation of syphilitic tumors (gumma), which rapidly grow (?) and decay, leading to degeneration of the various tissues of the body, leaving behind repulsive scars; or by affecting one of the vital organs, thus endangering the life of the patient. This decay, which results from syphilitic ulceration, often attacks some bony formation such as the bridge of the nose, the roof of the mouth, or various joints of the body, thus seriously disfiguring the sufferer, or impairing speech, or producing lameness. But such untoward results as these are rarely met with except in the severest form of infection when the condition of the patient's blood is peculiarly susceptible to the ravages of the disease; and even then only when neglect or ignorance permits the virus to obtain a firm foothold.

Treatment. Details as to the causes, symptoms and treatment of this disease appear in Volume V of this work. It may suffice to say here that a cure depends upon constitutional measures for purifying the blood and building up the vitality of the entire organism, thus developing the power of resistance essential to completely eradicating the poison. Appropriate dietetic and vitality-building regimens are necessary in connection with radical measures for active elimination similar in many respects to those advised in the treatment of other diseases listed in this volume, wherein the presence of poisons in the blood and tissues give rise to the various symptoms involved. It is my firm conviction, after extended study and experience with the form of treatment generally in vogue among members of the medical fraternity, that it is entirely irrational and ineffective. I have found that the mercurial poison administered is far more serious than the disease which it is intended to remedy. In many cases of the kind which we have handled, the greatest difficulty encountered has been in connection with our efforts to overcome this mercurial poisoning. It is, therefore, to be rigidly condemned, particularly because natural measures for purifying the blood stream and increasing the vital resistance of the body will be found far more efficacious in every instance.

Reference is made to Volume V for more extended presen-

tation of the symptoms of this disease together with detailed regimens.

SYRINGOMYELIA.—*Symptoms.* A diseased condition caused by a cavity in the spinal cord or dilatation of the central canal. There is naturally compression of nerve cells producing various symptoms, chiefly a progressive muscular atrophy and more or less loss of sensibility as to touch, temperature and pain. Other disturbances vary so widely in different cases that they cannot be stated as definite symptoms. This disease differs from ordinary muscular atrophy in the attendant loss of sensation. A spinal tumor produces the same symptoms, but their development is more rapid. Syringomyelia may extend over fifteen or twenty years, terminating in death.

Treatment. Constitutional improvement only is of avail in the disease, building vitality, improving the circulation and purifying the blood. However, our methods of spinal stimulation can be especially recommended in conditions of this kind, using daily Physcultopathic Treatment D or, if the patient is strong enough, Treatment C or E. Great care should be used to avoid too much treatment. A general fasting and dietetic regimen similar to that advised elsewhere for Locomotor Ataxia or Paralysis should be followed with special emphasis upon such exercises as may be suited to the strength of the patient.

TABES DORSALIS.—See *Locomotor Ataxia.*

TACHYCARDIA.—Paroxysmal rapidity of heart action, sometimes rising to 200 beats per minute, due to nerve disturbance. See treatment under *Heart, Diseases of.*

TALIPES.—See *Clubfoot.*

TALIPES CALCANEUS.—*Symptoms.* A form of clubfoot in which, owing to constriction and muscular paralysis of the muscles of the calf, the heel alone can touch the ground. This deformity is sometimes congenital though it is more often acquired.

Treatment for this disease should be substantially the same as in other varieties of clubfoot (Talipes). (See *Clubfoot.*) Another variety of this disease is Talipes Equinus, more gen-

erally known by the name of Pes Equinus, under which head it is listed elsewhere in this volume. The special movements advised for the treatment of Pes Equinus will also apply in this case together with the same constitutional treatment.

TAPEWORM.—See *Intestinal Parasites.*

TENESMUS.—See *Rectum, Diseases of.*

TENIA.—See *Tapeworm* under *Intestinal Parasites.*

TERATOMA.—A congenital tumor containing various forms of organic tissue, such as hair, teeth or other matter; usually harmless, but may be removed if troublesome. (See *Tumors.*)

TESTICLES, DISEASES OF.—See *Hydrocele, Orchitis, Epididymitis.*

TETANUS.—(Lockjaw.) An acute infectious disease caused by invasion of the tetanus bacillus, whose toxins spread with the blood circulation throughout the body. Infection may take place from a cut, through a splinter, or through an open sore. The first manifestation of the disease shows itself by a stiff and tensed condition of the muscles of the jaw. Swallowing becomes difficult and pain is felt in the nose and throat. The masticatory muscles are affected with involuntary spasms and these seizures involve the muscles of the neck and throat. This spasmodic attack gradually involves other muscles of the body until breathing is seriously affected. The temperature then rises and the patient perspires freely. All the parts affected become rigid as iron and this extreme tension causes excruciating pain. Unless promptly treated in its early stages tetanus is often fatal.

Treatment. The treatment of this disease must be prompt and vigorous. You must realize the existence of an extraordinary amount of poisons in the blood in order to produce such extraordinary symptoms.

If it is possible to learn the nature of the disease before the violent spasms characteristic of this disorder have made their appearance, so much the better. As the tetanus bacillus is lodged in the wound alone and the blood is only charged with its toxins, an early excision and cauterization of the wound will often check the progress of the disease. Medical men also advo-

cate the use of anti-toxin for tetanus. The fact that the patient perspires freely indicates that the toxins of the disease are being eradicated through this channel. Therefore a hot blanket pack will be most effective in inducing copious perspiration. If this can be accomplished right from the beginning, so much the better. Steam baths are of great value. After a high fever has come about, however, a cold wet sheet pack will be more suitable than a hot blanket pack, or if the vitality is low, abdominal packs should be used as suggested instead of the packs, to the entire body. It is insisted that the patient fast from the very beginning. Full enemas should be used, giving them hot in the beginning and cold—from 70 degrees to 85 degrees when the temperature rises very high.

Hot packs to the spine may be advised as a means of inducing relaxation. In connection with this Physcultopathic Treatment A or B may be given. It is absolutely necessary that the patient should be kept in the open air or be placed inside where he can secure a supply of air equal in quality and purity to that out-of-doors. Remember that radical and active elimination is the keynote of the treatment in a case of this kind, and, if necessary, a wet sheet pack should be repeated at intervals of three or four hours or in some cases even more often, each pack being allowed to remain from one to two hours or longer. The fast should be continued until all symptoms have disappeared, together with free drinking of water as soon as the patient can take it. A milk diet is recommended following the fast as a means of rapidly building up vitality and strength. As the patient recovers a general vitality-building regimen should be selected and followed persistently.

TETANY.—A muscular spasm marked by continuous tension or contraction, and affecting especially the extremities. It usually occurs in infancy and is to be regarded as a symptom rather than as a disease in itself. It is nearly always associated with Rickets, though it may be the result of worms, acute diarrhœa or other intestinal disorders. See ***Rickets, Children, Diseases of; Intestinal Parasites,*** and ***Spasm.***

TETTER.—See ***Eczema*** and ***Herpes*** under ***Skin, Diseases of.***

THINNESS.—See *Emaciation.*

THREADWORMS.—See *Intestinal Parasites.*

THROMBOSIS.—See *Embolism.*

THRUSH.—(Sprue; Parasitic Stomatitis.) A form of stomatitis characterized by white patches upon the mucous membrane, supposed to be due to a vegetable parasite, and chiefly affecting young babies. It arises from dirty nipples or other uncleanliness. Strict cleanliness is essential. (See *Mouth, Disease of.*)

THYROID GLAND, DISEASES OF.—*Varieties* and *Symptoms.* As in the case of the spleen but little is known concerning the function of this important gland though it is definitely established that the symptoms of two classes of diseases are due to its functional impairment. The most important class, known as goiter, has already been discussed. (See *Goiter* and *Exophthalmic Goiter.*) There remain for consideration two other diseases known as *Cretinism* and *Myxedema,* disordered metabolic processes due to a deficiency in the function of the thyroid gland. These diseases are practically identical, though when they occur in childhood, they are termed "cretinism"; and when they appear in later life "myxedema" is the term applied.

Cretinism is characterized by tardy development both physical and mental. Growth is abnormally slow, the mental faculties remain inert, the features are coarse and flaccid, the child is stupid and vacant, the skin is harsh and dry and the hair exceedingly thick and coarse. The limbs are short and podgy and by the time the child reaches the teens in age, its development averages but half that of a normal child. The trouble seems to be due to deficient development of the thyroid glands.

Myxedema is due to retrogressive changes taking place in the thyroid gland; it rarely appears before the age of thirty and its advance is slow and protracted—so much so that the symptoms appear insensibly and for no apparent reason. They take the form of peculiar mental and physical changes. The first signs are a thickening of the nose and lips and a flaccid condition of the cheeks. The features become coarse and the expression of the face is vacant. This physical deterioration

gradually extends to the entire body until the victim becomes a coarsened and vacant replica of his former animated self.

Treatment. The only form of treatment of any avail in this disease is of a nature designed to promote improved nutrition and a better general condition of the body. It is barely possible that in some cases through appropriate measures the functions and health of the thyroid gland may be in a measure restored with scant improvement in other respects. Aside from this possibility, however, general constitutional treatment for purifying the blood and building strength and vitality will at least mitigate the symptoms of the disease if they will not eradicate it.

Feeding the patient on either dried or fresh thyroid gland of the sheep often brings wonderful improvement.

In the case of cretinism in children special efforts should be made to have the child play out-of-doors, to enjoy wholesome, nutritious though simple foods, taking air baths, sun baths, friction baths and any other effort to promote the general health. In some cases a milk diet would be of great value preceded by a fast of one or two days, or Partial-Fasting Regimen No. 8 or 9 for two or three days.

In the case of myxedema there is far more hope of recovery than in the case of cretinism, which is often congenital. Myxedema affecting adults is usually an acquired condition, and since it is not due to any radical congenital defects there is greater possibility in the way of improvement.

In atrophy of the thyroid gland, constitutional treatment will arrest the degenerative processes and by restoring wholly or in part, the functions of this organ, bring about recovery. Improvement in the circulation is especially necessary, and a general eliminative treatment is essential to eliminate from the body the mucous-like substance in which the inactive tissues of the body seem to be infiltrated. In myxedema, therefore, in many cases, an extended fast, such as indicated in Fasting Regimen No. 4, is to be recommended. The length of this will depend upon the weight and strength of the individual and is to be broken with an appropriate break-

ing-fast regimen determined by the duration of the fast, and a milk diet thereafter is especially necessary for the purpose of rapidly building vitality and strength. It is important also to keep the alimentary canal as thoroughly cleansed as possible and enemas may be used for this purpose while fasting.

In both cretinism and myxedema spinal stimulation will be of great value as a means of invigorating the nervous system and arousing activity of the body. I would suggest a hot spinal pack each morning together with Physcultopathic Treatments C, E, F, or if the patient can be persuaded to take voluntary exercise of a more vigorous nature Physcultopathic Treatments I, J, K, L, M and N may be recommended.

Local applications of alternate hot and cold wet cloths may be valuable in accelerating the circulation in this region and perhaps arousing activity of the glands in question. An important feature, however, is the constitutional treatment.

THROAT DISORDERS.—See *Larynx*, *Diseases of*, *Hoarseness*, and *Nose*, *Catarrh of*.

TIC.—A spasmodic twitching of the muscles, especially of the face. Same constitutional treatment as for *Neuritis*. (See also *Spasm.*)

Tic douloureux, painful, is a neuralgia of the branches of the fifth cranial nerves. See *Neuralgia.*

TINEA.—See *Ringworm.*

TOBACCO HEART.—Functional derangement of the heart due to nicotine poisoning from the habitual use of tobacco. Ordinary treatment for *Heart Disease* (which see) will not suffice, though perhaps necessary. The cause must also be discontinued. (See *Tobacconism.*)

TOBACCONISM.—Chronic tobacco poisoning through the habitual use of the dried leaves of the plant *Nicotiana tabacum.* The influence of tobacco is due to the alkaloid *nicotine.* This is an oil, which in its pure form is the most rapidly fatal poison known, next to prussic acid. Tobacco is a powerful nerve depressant, nausant and emetic, also causing a great increase of perspiration, these results indicating its poisonous character.

It is used as a narcotic and sedative, and in a sufficiently large dose will cause death by paralyzing the respiratory centers. The severe and agonizing illness following the smoking of "the first cigar" is an experience too common to require description. See Vol. II, pp. 1157 to 1166, for more detailed consideration of the tobacco habit.

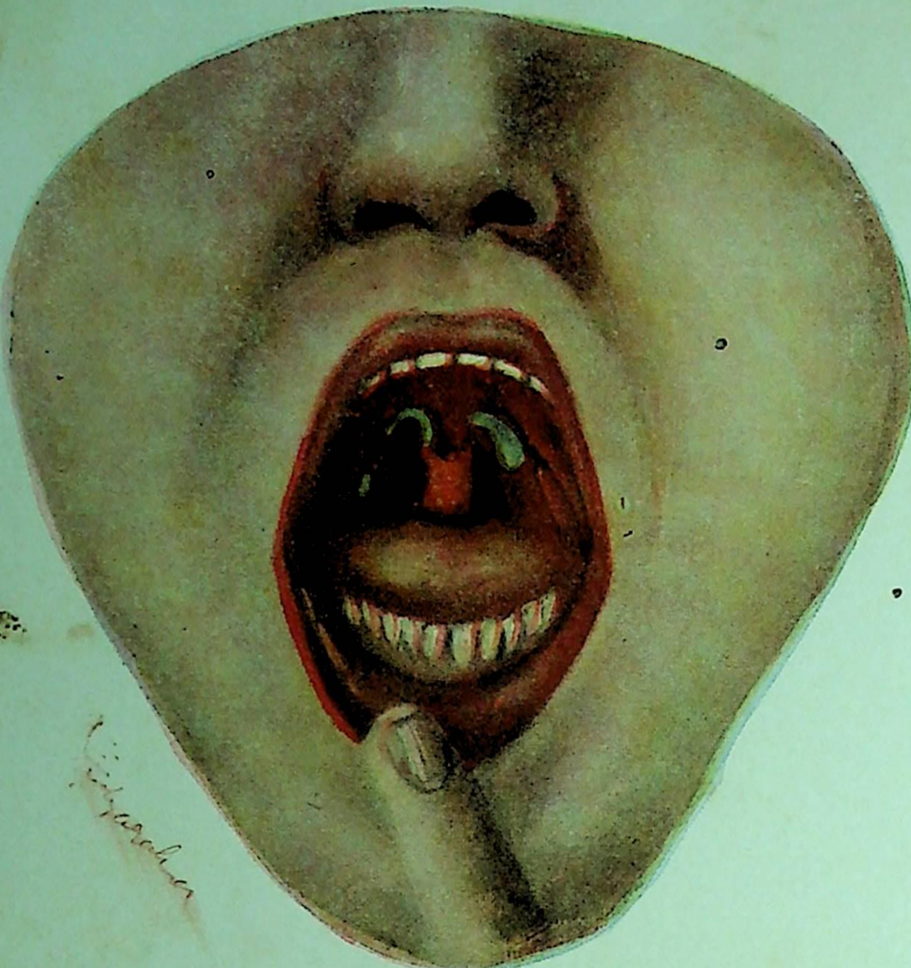
For treatment in a case of acute poisoning from tobacco see *Depressant Poisons* under *Poisoning*. The general regimen to be observed in chronic tobacco poisoning is practically identical with that for chronic alcoholism or other drug habits. (See *Alcoholism* and *Drug Habits.*) Increased strength of body will bring with it the increased strength of mind necessary to fight the habit, but as the body becomes stronger and more normal the victim will no longer feel any craving for the narcotic. The fasting regimen suggested in the above references will be especially valuable to enable the patient to readjust his organism to a sudden discontinuance of the habit. Special emphasis is to be placed upon the value of exercise and outdoor life, both in overcoming the habit and in eradicating all traces of the poison. The adoption of a plain diet and simple mode of life will help effect a cure.

Toe Nails, Disorders of.—See Vol. V.

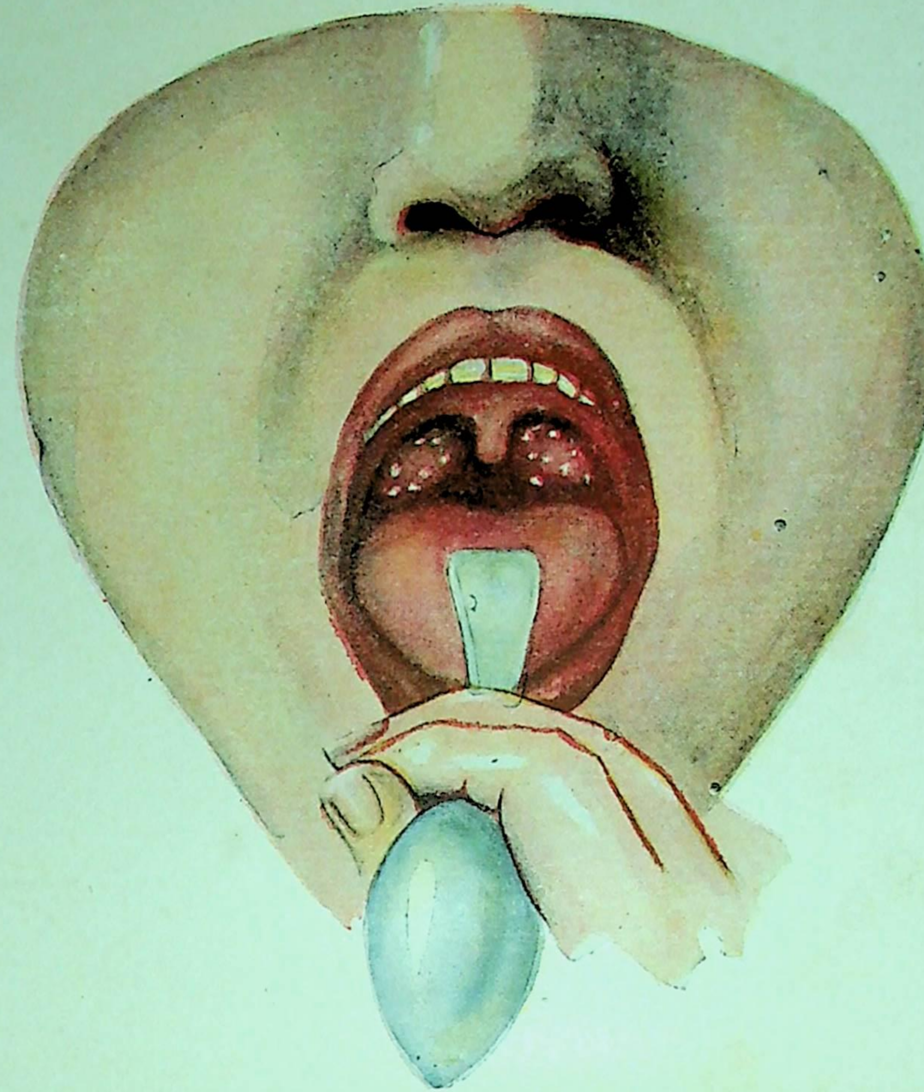
Tongue, Cancer of.—*Symptoms.* This disease, like cancer of the lips, usually afflicts men who are confirmed smokers, especially if they are predisposed to the malady. The first symptoms of tongue cancer are hard, well-defined nodules usually upon the center or the anterior portion of the tongue and more rarely upon its sides and edges. At first these spots do not cause discomfort, but after a short period from their appearance, pain and ulceration set in. Henceforward the growth develops rapidly and unless prompt measures be adopted, the patient quickly reaches the condition which is beyond alleviation. Treatment for this disease will be found under the head of Cancer, which see.

Tonsils, Diseases of.—*Chronic enlargement* or *hypertrophy of the tonsils* is common among sickly and poorly nourished children. The tonsils are swollen and there is more or

PLATE M



Diphtheria—characteristic inflammation and membranes on tonsils and soft palate.



Tonsilitis—spots on tonsils.

1 Of Follicle = small sac

less interference with breathing and swallowing, together with snoring, distressing dreams as the result of imperfect respiration, and in some cases disturbances of the ears or hearing. It is often associated with Adenoids, which see. This is sometimes called *Chronic Tonsillitis* and it may either come about gradually as the result of inflammation and poor health, or may follow repeated acute attacks of tonsillitis.

Tonsillitis is an acute inflammation of the tonsils, there being three marked varieties.

Simple Tonsillitis is a catarrhal inflammatory process of the mucous membrane, characterized by swelling as the result of the congestion of the blood-vessels. There is a pain from the neck to the ear when the patient swallows; headache, stiffness of the neck and slight fever. Following a copious catarrhal discharge for a few days, this form of tonsillitis generally disappears. When the mucous discharge is absent, however, the condition is much more serious. The temperature rises, the lymph glands under the chin and at the side of the neck swell and there is inflammation of the middle-ear with much intense pain.

1*Follicular Tonsillitis* is characterized by the collection of whitish, cheesy masses upon the surface and in the crypts, these obstructing the secretions. The small, whitish patches are offensive in their nature and are the result of necrosis or death of the epithelial cells.

Ulcerative Tonsillitis (Phlegmonous Tonsillitis) is the accentuated development of the simple form complicated by the formation of an abscess. This form is popularly known as Quinsy. The pain in the throat increases and there is great difficulty in swallowing the saliva, the passage of foods becomes quite impossible and the fever rises very high. Relief is afforded only when the abscess ruptures or is lanced and the accumulated pus is liberated.

Treatment. The treatment of the various forms of tonsillitis must be of a constitutional nature tending to purify the blood as quickly and as thoroughly as possible. An absolute fast is essential until all symptoms have disappeared, and to

more rapidly cleanse the alimentary canal the use of enemas and the free drinking of water are necessary. In the more severe forms, especially when there is very high fever, cold wet sheet packs should be given, though when the patient is very weak, a cold abdominal pack may be used instead. Pure outdoor air is absolutely necessary.

By way of local treatment, in the simpler forms, cold applications to the neck and jaw, together with small pellets of ice, allowed to melt in the mouth, will give relief and reduce the inflammation. In the more serious cases, however, or if the cold is uncomfortable, hot packs should be used instead, together with gargling of the throat and rinsing the mouth with hot salt water. If there is much tendency towards mouth breathing, the nasal passage should be cleared, if necessary by spraying with salt water of a neutral temperature.

In the case of quinsy, or ulcerative tonsillitis, no attempt should be made to use local cold packs, but the hot salt water gargle and hot packs to the jaw and neck are indispensable. Even though the patient should have difficulty in swallowing, every effort should be made to induce him to drink as freely as possible. In some cases of ulcerative tonsillitis lancing may be necessary, with the greatest of care to avoid the carotid artery In practically all cases, however, the treatment suggested here will bring about radical results in a very short time. If this treatment is undertaken soon enough it will completely divert the course of the disease.

Chronic swelling or *enlargement of the tonsils* may be overcome by constitutional measures for improving the general health. The removal of the tonsils is hardly ever necessary. The adenoid growths sometimes present in connection with such enlargement of the tonsils should be removed, but the tonsils themselves may be brought back to normal condition in almost every case by a general improvement in health.

TOOTHACHE.—In a majority of cases toothache is a manifestation of some radical disturbance which should be corrected by dental treatment. Information and suggestions in regard to the proper care of the teeth will be found in Volume V.

Treatment. In a toothache of an inflammatory origin the continued application of cold will be of great value. This may be applied directly back of the neck and the upper spine, and on the side upon which the toothache is located. These spinal applications will help control the inflammation by reflex influence. In all cases where toothache is of a nervous origin, heat should be used instead, applied by means of hot water bottles or fomentations. Sometimes cold followed by heat will be more effective and this method should be followed whenever there is doubt as to the origin of the toothache. In some cases continued changes of alternate cold and hot applications will be effective. In addition to these local measures constitutional treatment will always be of value in alleviating toothache of an inflammatory character. I would suggest the drinking of large quantities of hot water together with a hot enema. Drinking hot water will flush the tissues, as it were, and greatly accelerate the circulation, bringing a great relief in some instances. In connection with these measures a short fast of one or two days or until the toothache has subsided, can be recommended.

TORTICOLLIS.—See *Wry Neck.*

TOXEMIA.—A poisoned condition of the blood, due either to the accumulation of body-wastes not properly eliminated or to foreign matter introduced into the system; as, for instance, the poisons due to the development of micro-organisms. See *Uremia, Blood-Poisoning, Poisoning, Fevers,* etc. (in this volume) and Vol. II, Chapter VII.

TRACHOMA.—(Granular Lids.) See *Conjunctivitis; Diseases of the Eye.*

TRANCE.—This is a condition of prolonged and abnormal sleep in which the functions of the body are reduced to a very low state of activity and from which the patient cannot be aroused easily. There seems to be no sensation and breathing is almost imperceptible. It may come on very suddenly, and may terminate in the same manner. It is really a form of catalepsy and should be treated in the same manner. (See *Catalepsy.*)

Tremor.—*Symptoms.* Involuntary agitation or trembling of various members of the body or in some cases of the entire body, constitute the symptoms of this complaint. Tremor is most commonly seen in the hands, arms, tongue, facial muscles and head generally. It is a common phenomenon in cases of alcoholism and delirium tremens, symptoms of paralysis agitans, and is even observed in cases of poisons. It is a characteristic of hysteria in a simple form as associated with neurasthenia and in some cases indicates a more vital depletion, having its cause in some disorder of the nervous system, and one should adopt treatment along the lines prescribed for vital depletion or neurasthenia. In short, general constitutional measures are required to purify the blood stream, improve the circulation, build up the vitality and the nervous system generally.

Trichiasis.—An abnoral growth of the eyelashes in such a direction that they produce friction and irritation of the globe of the eye. The common cause is *Trachoma,* which should be remedied. (See *Eye, Diseases of.*)

Trichinosis.—An infectious disease due to the entrance, first into the intestine and then into the tissues, of a worm-like parasite which ultimately attains the size of a quarter of an inch. These parasites are found within the flesh of swine; and when pork is eaten in an insufficiently cooked condition—such as smoked ham—these parasites first come to life within the intestinal tract, and from thence make their way through the lymphatic vessels into the tissues of the body, especially those of the muscles.

The first symptoms which arise after the contaminated pork has been eaten are intestinal disturbances—itching, nausea, vomiting, diarrhœa and colicky pain. When these signs are neglected and the parasites penetrate the intestinal walls, skin eruptions and irritation boils, and profuse perspiration indicate the muscular portions of the body where the worm lodges. High fever, extreme pain and stiffness similar to severe rheumatic pain are further signs of their presence.

Treatment. In practically all cases the patient will desire

to fast instinctively, for he will have no appetite while suffering acute pains associated with the activity of the worms. Fasting Regimen No. 2 is advised to be continued anywhere from four or five days to ten days, followed by an exclusive milk diet. Milk Diet No. 32 is especially recommended.

Immediately upon discovering the nature of the disease through the symptoms of intestinal itching, nausea, vomiting, diarrhœa, etc., energetic measures should be made to cleanse the alimentary canal as quickly and as thoroughly as possible. Repeated enemas should be given, preferably hot, though not so close together that they will weaken or over-tax the recuperative power of the patient. Emetics should be given at the same time to empty the stomach, using lukewarm water for this purpose. This is especially important if there is vomiting, but it will be well to empty the stomach in a case of this kind even if there is no tendency to vomit; nausea itself and colicky pains should be sufficient indication. After the stomach has apparently been emptied, the patient should drink water in great quantity for two or three days and after that continue to drink water freely.

Activity of the bowels is essential, and for this purpose I would suggest the use of sterilizied sand, the rounded instead of the sharp-edged kind. Three or four tablespoonfuls of this may be given immediately after the last emetic and in connection with copious drinking of water. This dose of sand may be repeated on the second day thereafter. In short, the aim should be to clear the intestines of all the parasites which have not yet worked their way through the walls of the intestines and other tissues. As a means of destroying any of the parasites which may be retained in the alimentary canal after three or four days of this treatment, most authorities highly recommend a remedy consisting of one part glycerin and two parts water.

For those parasites which have already infected the muscular tissues, it is necessary to depend upon constitutional treatment for increased vital resistance. In most instances a regimen involving a short fast and followed by a milk diet will be insufficient, and the victim should continue thereafter to follow

a limited diet for an extended time for the purpose of starving out the parasite. Any of the limited diets from 20 to 29 can be suggested. If the disease persists, then such radical measures as Fasting Regimen No. 4 or No. 5 may be advised or in other words adopting a fast which will be carried to a finish. Caution is given, however, not to carry this fast beyond the point of ordinary weakness. When the patient reaches the point at which he is no longer able to be up and about, the fast should be broken, and a milk diet should follow.

TROPICAL DISEASES.—See also *Cholera, Plague, Malaria, Yellow Fever, Beri-Beri,* etc.

Symptoms and varieties. Though the majority of the diseases of the temperate zone are also found within tropical regions, many ills of the torrid zone rarely or never originate in cooler latitudes, though their after-effects may be experienced after the country and clime in which they originate is forsaken.

The most common of all tropical diseases are those fevers which are more or less indigenous to the torrid zone, such as yellow fever, malaria, plague, cholera, dysentery, etc. Such ailments in a less acute form, are often noted in more northern climes; or at times, such infectious diseases as plague and cholera, when endemic in the south, may become epidemic in the north. But with increasing knowledge of the laws of health and hygiene, their devastating effect is being proportionately brought under control.

Tropical diseases of various kinds are in nearly every instance due to the abnormal diet followed by the inhabitants. Travelers coming from other countries often insist on taking their unnatural diet into these hot climates and, as a consequence, suffer from these various diseases. However, they can be treated successfully by ordinary Physcultopathic methods. If one will confine his diet when in these regions, to the foods that grow in these particular latitudes and avoid the eating of canned beef, bacon and various other disease-breeding foods, you may rest assured that there will be little necessity for the treatent of ailments of any kind. Fruits, vegetables

and nuts exclusively should form the diet of those who live in a tropical climate. Although over-eating is an evil of unusual importance at any time, it seems to be far more destructive in torrid localities. It is always advisable, when the temperature is high, to eat lightly, and the fasting habit is one well worth cultivating. When the appetite fails, fast a day or two and in consequence you will in many instances divert a serious disease.

Malaria or *Tropical Ague* is by far the most general of all these ailments. It is known by many different names such as jungle fever, coast and mountain fever, hill fever, or by the name of the district in which the disease may be prevalent. Recurring attacks of this fever are often experienced by sufferers when a return is made to the temperate zone and the symptoms are identical. (See *Malaria.*)

Sleeping Sickness. (African Lethargy.) This is a peculiar and very fatal disease found on the western coast of Africa. It is characterized by drowsiness and slumber, which increase until the patient becomes extremely emaciated and finally dies. It is said to be a form of filariasis, a disease due to the presence of a germ or parasite known as filaria in the blood stream. In any case, however, the progress of the disease depends upon the vitality and resistance of the patient.

Treatment. In case prophylactic measures cannot be followed sufficiently to enable one to avoid the feverish and other diseases common to tropical climates, and one suffers an attack of any one of these various forms of diseases, treatment may be adopted along the line described elsewhere in the discussion of fever, malaria, cholera, etc., which see. In tropical zones it is sometimes difficult to get satisfactory drinking water, and inasmuch as the drinking of water is sometimes the most important feature in the treatment of such diseases, the water available should be thoroughly boiled before use. If it can be secured in a distilled form, so much the better. Where there are symptoms of dysentery, enemas should be used to assist in the natural effort of the organism to rid itself of the toxic matter. Indeed, in all cases, every effort should be made to cleanse the alimentary canal by means of

enemas, the copious drinking of water and fasting. Cold abdominal packs and hot spinal packs, and in some cases when there is high fever, cold wet sheet packs and cold enemas will be of great advantage. In short, the treatment of these various maladies in tropical latitudes should follow closely the methods adopted in any other climate for the treatment of the same or similar complaints. The treatment of African Lethargy or the Sleeping Sickness requires special stimulation of the nervous system. Wherever possible the patient should be induced to drink freely of hot water, previously boiled, and it is understood that he must fast entirely for a few days in the beginning of his illness; after this, however, every effort should be made to induce him to follow the exclusive milk diet, or a milk and fruit diet in order to build up nervous energy and vitality. Special care should be used to keep the bowels active and enemas should be used for this purpose. Hot enemas will prove stimulating.

Hydrotherapic treatment will be of special value, both as a means of eliminating the toxins of the disease and arousing the nervous energy of the body. A cold douche of the entire body is recommended if the patient is vigorous enough to endure it, otherwise a dripping sheet or evaporating sheet may be used. If this seems too vigorous then a wet sheet pack may be substituted. At some other time of the day a hot spinal pack may be recommended, combined with Physcultopathic Treatment E or F if the patient is strong enough, otherwise a choice of Treatments A, B and C. Friction baths and air baths will be of great value; and the patient should be kept absolutely in the open air at all times.

Beyond these suggestions, the treatment for various tropical ailments depends upon general constitutional measures.

TUBERCULOSIS, ACUTE MILIARY OR GENERAL.—An acute form of tuberculosis which is not localized in the lungs or any other special organ of the body, but which affects the entire system, very small and very numerous tubercle bacilli being distributed in all organs and tissues. It commonly occurs in children or young persons under 15 years of age.

Symptoms. The course of this disease, unlike pulmonary tuberculosis, is very rapid. It is often mistaken for typhoid fever, but all the intestinal symptoms of the latter are not present. There is loss of strength and weight, night sweats, afternoon fever, flushed cheeks, cough, rapid breathing, feeble pulse, irregular and sudden changes of temperature, and later, delirium and stupor. It sometimes seems to center in the lungs, brain or intestines, and in such cases gives rise to special symptoms, though even then it permeates all other organs and tissues. It is always fatal under medical treatment.

Treatment. A general constitutional regimen is to be advised for treatment of this disease, with special emphasis upon the value of wet sheet packs, fresh air, free water drinking, enemas and Physcultopathic Treatments. Physcultopathic Treatment D is particularly advised. It is advisable to continue the fasting regimen as long as possible for the sake of more complete and thorough elimination of the toxines of the disease though it should be broken at the first sign of exceptional weakness. I would suggest Fasting Regimen No. 3 for from four to eight days, with Breaking-Fast Regimen No. 16 or 17, as the length of the fast may require, then adopting Milk Diet No. 33. If this does not agree, or there is much diarrhœa, change to Meat Diet No. 103 or 107, with the use of hot water as suggested therein.

Physcultopathic Treatment D may be given in the morning and in the afternoon a cold wet sheet pack. Sudden changes of temperature may be treated according to suggestions in Vol. III, pp. 1694-1711. Special attention should be given to maintain the activity of the bowels through the use of enemas. See Vol. III, pp. 1454-60.

TUBERCULOSIS OF BONE.—See *Bone Diseases.*

TUBERCULOSIS OF LUNGS.—See *Consumption.*

TUMORS.—*Symptoms.* Tumors in general may be defined as abnormal growths which differ from the tissue in which they develop. They are characterized by an enlargement or swelling of the part affected. Usually a certain amount of inflammation accompanies the [illegible]wth, but this rule is not invariable.

They may be internal or external and affect any part or organ of the body. There are a large variety of tumors which differ in their nature and effects, some of them being comparatively harmless and others of a malignant type.

Treatment. Tumors are the result of an abnormal condition of the blood, and constitutional measures will accomplish a definite and satisfactory cure. There is some defect in the operation of the functional and blood-making organs which gives rise to the formation of these morbid growths, the latter often arising from the presence of foreign matter circulating in the blood stream.

Consequently a radical purification of the blood is necessary, and general eliminative measures should be adopted. In most cases fasting is the best of all remedies in treatment of tumors. In extended fasts particularly, tumors are inclined to be absorbed. In other cases fasting will purify the blood and prepare the system for building vitality and a more perfect nutrition; therefore, follow it in connection with a milk diet. If one is at or above normal weight I would suggest Fasting Regimen No. 4 or 5, but if lowered in vitality and weight, a fast of anywhere from three or four days to two weeks is recommended with appropriate breaking-fast regimen and exclusive milk diet thereafter.

In cases of fibrous tumors care should be taken in the use of flesh foods, inasmuch as the connective tissues the meat contains furnish material for its future rapid growth. In many instances, where the patient is reduced in weight and strength and where radical measures are necessary, Fasting Regimen No. 7 is recommended. When not on a milk diet the free drinking of water (together with the use of enemas whenever necessary) is advisable.

Physcultopathic treatments may be used each day as a means of strengthening the nervous system and arousing the activity of all vital organs. These treatments should be selected according to the strength of the individual. Occasional steam baths or wet sheet packs or even hot baths from 105 degrees to 110 degrees Fahr. may be recommended for

their eliminative and blood-purifying qualities. However, local hot packs should be used, but on the contrary cold applications may sometimes be of advantage, having a depressing influence and retarding the cell growth in the affected part. These applications must not be brief since they would be stimulating through the reaction. They should have the influence of continued cold.

For tumors located on the surface of the body, particularly malignant tumors, steam baths are most valuable as a destructive agent. This treatment has a tendency to loosen the devitalized tissues and give the healthy tissues a chance to improve.

Above and beyond all these various measures except fasting, I would regard active and vigorous exercise as the most effective form of treatment after fasting. Exercise promotes active circulation and also brings about a vigorous condition of the functional organs. It entails a demand upon the elements contained in the blood for building up the structures which are broken down in the course of the exercise. These elements will then not be used in forming morbid growths. It also promotes such rapidity and effective elimination that any foreign matter in the blood streams will be eradicated. In short I would regard fasting and exercise as the two most important factors in the treatment, though a general vitality-building regimen should be adopted and adhered to. Stretching all of the tissues concerned and promoting the circulation in such a way that absorption may be more readily accomplished may sometimes be of advantage. In some instances, however, these measures may not avail. In any event improved health will serve as a check to future growth. In some instances also, tumors can be entirely relieved as the result of these measures. The treatment for malignant tumors is very much the same as that given elsewhere for cancer.

TYMPANITIS.—Inflammation of the middle ear. (See *Ear, Diseases of.*)

TYPHOID FEVER.—A virulent disease of the alimentary canal. The digestive d[illegible]urbance is so severe that the whole of the organism becomes a[illegible]ed.

Typhoid fever begins insidiously, the sufferer often being unaware that he is seriously ill. The first symptom is generally headache, lassitude and chilliness. Constipation always precedes an attack. As the infection spreads, the headache increases, the constipation changes to diarrhœa, the joints and muscles ache, and the temperature steadily rises. As in most other feverish conditions the temperature mounts during the day and falls slightly during the night.

After these symptoms have persisted for four or five days with progressive weakness and considerable loss of flesh in severe cases, a mild eruption generally breaks out. Concurrently with this the bowels become more active, the feces often being discharged five to ten times daily; the stools are liquid, resembling pea-soup and have a very offensive odor; the tongue which has previously been coated with a thick white fur, begins to clear, gradually becoming dry, red and covered with fissures.

Should the change upon the tongue and the intestinal elimination be in any way retarded, complications arise which are often fatal in character or result in such after-effects as impairment of sight and hearing, heart weakness, or mental derangement.

These complications take the form of delirium, or intestinal perforation and hemorrhages through the formation of internal ulcers. They can usually be attributed to improper attention such as the forcing upon the patient of unnecessary food in the form of milk; or to neglect to lighten the burden of the alimentary tract by copious enemata.

Usually the disease lasts four to six weeks, ending in slow recovery.

Typhoid fever may be said to be due chiefly to an exceedingly burdened condition of the alimentary canal and the waste and poisonous material is more or less confined to the digestive tract.

Treatment. The length of this disease can be materially lessened if the treatment herein suggested be carefully followed in every detail. First, Fasting Regimen No. 3 to be followed during the entire period. The drinking of profuse quantities

of water need not be insisted upon, though the patient should be encouraged to drink as much water as possible without really overloading the stomach. The only exception I would make to the fasting process would be that this water can be flavored with lemon juice whenever desired.

As nearly as possible the patient should be kept out-of-doors. Air baths and water baths can be used for reducing the fever when it goes above 102. Fever at 101 or 102 is of little or no importance. A daily enema should be taken. The first one or two enemas could be taken to the patient's full capacity, and thereafter only enough to bring some action of the bowels.

Once each day a cold sheet pack should be given. Be sure the patient is thoroughly warm before this cold pack is given. Wrap the patient in blankets, using hot water bottles and various other means after applying this pack, with a view of inducing profuse perspiration. Where there is apparent trouble of the heart, hot and cold cloths, alternating, over the heart will nearly always be of benefit.

In cases in which the fever rises very high, the same strenuous measures should be adopted, and in cases of this kind I would recommend the Brand Bath. The technique of this bath was first elaborated by Brand, who used it with remarkable success. It includes immersion, with rubbing, cold spinal ablutions, and also cold rubbings of head and neck, with cold enemas and cold abdominal bandages being given in the interval between baths. Detailed instructions regarding these baths and their application are given under the subject of hydrotherapy in Volume III, page 1420.

In addition to the cold sheet pack, Physcultopathic Treatments D and E will be of especial value. The spinal stimulation secured through A, B and C can often be used in this particular disease with benefit.

Use the greatest possible care to avoid the mistake of beginning to feed too soon. If one should delay the feeding process, the worst that can happen would be simply to add to the weakness of the pa[illegible]t, while over-feeding is an error

which might be the actual cause of death. Acid fruits or acid fruit-juices are best adapted to break the patient's fast. Grape-juice makes a splendid food for the patient recovering from this disease.

A limited diet could be adhered to with considerable value for several days after the appetite has returned, though an exclusive milk diet such as is recommended in No. 32 or 33, may be of advantage in some cases.

TYPHUS FEVER.—(Sleep Fever, Jail Fever.) *Symptoms.* An infectious, epidemic fever, arising from conditions of filth, overcrowding, bad ventilation, destitution, etc. It begins suddenly with a chill, followed by violent fever. Unlike Typhoid Fever the brain is chiefly affected, rather than the bowels. There is severe headache and a sickening odor. From the fifth to the seventh day, a "mulberry" eruption appears, red, coarse and measly, with mottled condition of the skin. There is usually constipation. The crises appear in about fourteen days, under ordinary circumstances, when the patient recovers.

Treatment. Similar to Typhoid Fever, especially as far as the cold water treatment, or cold packs, or Brand Bath are concerned. Cold packs or affusions to the head are especially important. Fasting, enemas and copious water drinking are absolutely essential, as in other fevers, until symptoms disappear. In short Fasting Regimen No. 3, Breaking-Fast Regimen No. 17, followed by Milk Diet No. 33 can be suggested. Physcultopathic Treatment A or B according to the condition of the patient.

ULCERS.—*Symptoms.* Open and running sores which appear externally and internally on any part of the body. They may be an accompaniment of other ailments, and they are at all times to be regarded as of some gravity, especially when they form internally. Uclers may manifest as an independent disease, though they are always associated with some disturbance of the venous circulation. In such instances they generally appear upon the leg.

Treatment. As ulcers are due to an impaired condition of

the blood, the treatment must be to the end of purifying the latter. Local treatment usually consists in insuring cleanliness of the affected parts. If the ulcer is very painful, hot water packs may be applied, the water being sterilized by boiling so as to prevent the possibility of infection. Provided that absolutely clean earth can be obtained, mud packs will be of advantage. Fasting is of the utmost importance, Fasting Regimen No. 3 being preferred. Simultaneously the greatest care should be used to cleanse the alimentary canal; enemas may be used, if necessary, though a laxative of sterilized rounded sand (see Vol. III, page 1291) will usually be found to be sufficient. The duration of the fast should depend upon the weight and strength of the patient, though a short fast will invariably be sufficient, to be followed by Milk Diet No. 32, if convenient, or by Milk Diet No. 36. Later, this diet may be varied by Milk and Fruit Diet No. 42, 43 or 46. In addition the general constitutional treatment that I have given elsewhere for the treatment of boils should be followed.

UNCONSCIOUSNESS.—See *Coma, Trance, Catalepsy;* also Volume III, pages 1657, 1670.

UREMIA.—*Symptoms.* A form of blood-poisoning due to inability on the part of the kidneys to excrete the liquid waste material. This functional derangement may be due to chronic or acute inflammation of the kidneys. Characteristic symptoms include a considerable diminution or a complete cessation of the flow of urine, severe headache and restlessness, loss of appetite, nausea and vomiting, vertigo, muscular spasms and convulsions, sometimes ending in coma and death.

Treatment. The keynote of the treatment of this disease is body-poison elimination, supplemented by such vitality-building measures as will restore the vigor of the kidneys and give tone to the organs of the body in general.

In the case of uremic convulsions that indicate an extreme crisis of the disease, stringent measures must be adopted, the best being a hot bath of 115 degrees Fahr. or a hot blanket pack. In the latter case, the feet must be warmed by hot water bottles, while cold packs may be applied to the head.

The patient should also drink profusely of hot water. A full hot enema may be used at 115 degrees Fahr., this having special value in stimulating the activity of the kidneys and cleansing the alimentary canal. No food should be given until the convulsions have disappeared.

It is needless to say that the patient must have as much fresh air as possible at all times.

General constitutional treatment is absolutely necessary. Steam baths once or twice a week are advised, and if they cannot be had, then a moderately hot bath, at a temperature of 105 degrees to 108 degrees three times a week, will prove equally satisfactory. Every other day, and alternating with hot bath or steam bath, a cold wet sheet pack should be given in the morning and a hot sitz bath in the evening. In the latter case it is well to sponge immediately after with cold water or use a cold sitz bath for a few minutes. A hot abdominal pack may be used in place of the hot sitz bath, when a cold abdominal pack should follow, to remain until dry or until morning, this treatment being taken immediately before retiring. The free drinking of water is recommended, though not at meals. In all cases the patient should fast until the symptoms have disappeared. Fasting Regimen No. 3 is to be recommended and in extreme cases Fasting Regimen No. 5. A breaking-fast regimen adapted to the length of the fast should be followed, after which Milk Diet No. 32 should be adopted. During this milk diet only neutral baths and cold wet sheet packs should be taken each day.

Exercises should be taken in the morning before beginning the use of the milk. Outdoor air, air baths, dry friction baths, and sun baths, together with all other measures helpful to promote elimination and activity of the skin are to be insisted upon. A general vitality-building regimen should be followed together with walks that should be just long enough to induce moderate fatigue and should be increased daily until a long distance can be covered without inconvenience. General exercise should also be adopted suited to the physical status of the patient. Sometime during the be a hot spinal pack should

be given, combined with Physcultopathic Treatment A, B, C or E, according to the ability of the patient to take mild or vigorous treatments.

Urethra, Stricture of.—See *Stricture.*

Urethritis.—See *Gonorrhea.*

Uricacidemia.—*Symptoms.* This is a constitutional disease which is sometimes termed *Latent Gout, Uric Acid Diathesis,* or *Lithemia.* It arises from a disturbance of the metabolic processes and the accumulation of uric acid in the blood. There is an excess of uric acid in the urine, combined with digestive disorders and various nervous symptoms. There is constipation, a furred condition of the tongue, poor appetite and sometimes acid dyspepsia. Usually, the patient complains of cold feet; often there are headaches, neuralgia or pain in the lumbar region. This disease is distinguished from gout by the absence of deposits of urates in the smaller joints. It may lead to gout or to various other diseases, such as arteriosclerosis, kidney or liver trouble or a serious nervous disease.

Treatment. The treatment of this disease is comparatively simple, inasmuch as it requires such active elimination of waste material in the body and building up vitality and functional vigor as will bring about normal metabolism.

The eliminating factors of the treatment must include much exercise, steam baths, cold wet sheet packs, etc. The free drinking of water is most important for remedying constipation; in many cases fasting and various modifications of the diet should be followed. Beyond the suggestions here given the reader is referred to the specific regimen, advised in the case of Gout, also of Acidity of the Blood (which see). The general treatment for these maladies will answer in this case.

Urinary Incontinence.—(Enuresis.) See *Bed-Wetting.*

Urine, Retention of.—(Anuria.) This is to be regarded as a symptom of some disease rather than a disease in itself. It may be partial or complete and may arise from muscular failure, [illegible]e to a l[illegible] of nervous stimulus or

obstructions or impacted calculus. It frequently indicates some disease of the bladder and the general treatment for Diseases of the Bladder as given elsewhere should be followed. Retention of urine may be the exciting cause of Cystitis or other affections of the bladder, or inflammation of the kidneys. Stricture may be the cause. (See *Stricture of the Urethra.*) In elderly people it is often an indication of an enlarged prostate gland. (See page 2352.)

Suppression of Urine is really a condition of renal insufficiency, or in other words it is due to failure of the secretions of the kidneys. In short, this is a symptom of kidney disease and should be treated according to the method advised elsewhere for diseases of the kidneys. Suppression of urine, if not relieved, will give rise to uremia, and ultimately to convulsions, coma and death. (See *Uremia.*)

Extravasation of Urine, the result of either obstruction or retention, consists of a bursting of the urethra or bladder followed by the effusion of the contents into the surrounding cellular tissue. There is little discomfort immediately, but in half an hour there is a burning sensation followed by pain and rapid swelling of all adjacent parts.

Treatment. Hot sitz baths followed by hot packs will usually bring relief in a case of retention of urine, though where there is a lack of nerve stimulus, hot and cold applications combined with hot applications to the lumbar spine may be recommended. In case of prolonged retention, a hot blanket pack or a full hot bath at 110 degrees to 115 degrees may be employed to relieve the kidneys and temporarily establish the skin as the main channel of elimination. A full hot enema of 115 degrees will likewise prove effective in nearly all cases of this kind.

Extravasation of urine is a most serious condition and should be treated by means of hot blanket packs, hot sitz baths and hot abdominal packs, hot enemas and absolute fasting. Surgical help may be required to relieve the tissues of the poisons by means of incisions.

URTICARIA.—See *H*[illegible]

VACCINATION.—Vaccination is the inoculation of the human body with the virus of cow-pox and pustular diseases, this virus first being cultivated in the blood of cattle or other animals for the supposed purpose of protection against smallpox. The method is based on the observation that persons vaccinated with cow-pox contract smallpox but rarely. The result of this introduction of diseased pus is an eruption usually of an inflammatory pustule, though sometimes more than one eruption occurs and in some cases various virulent diseases are thus introduced.

Treatment. Although it may be taken for granted that no healthy or sensible person would voluntarily be vaccinated, yet under some circumstances compulsory vaccination is unavoidable owing to the existence of laws upon the subject. In case of vaccination it is well to adopt immediate treatment of a constitutional nature to eliminate the poisons, just as in the case of any other disease. All measures for promoting active elimination and for increasing the vital processes of the body will be advantageous. In some cases a short fast may be recommended for the purpose of purifying the blood more rapidly, following this with either Milk Diet No. 32, or a return to ordinary foods, with special pains to avoid over-eating.

Bathe the point of infection with hot water as soon as possible after vaccination and keep it scrupulously clean. One should drink water freely, and any tendency to constipation should be overcome through the use of enemas, if necessary. Hot water will be especially effective if the fast is undertaken.

All forms of exercise in the open air are recommended, if the patient is strong enough. A cross-country run, a vigorous wrestling bout or any strenuous activity which will induce copious perspiration may be advised. Steam baths or Turkish baths may be advantageous, but if not convenient, cold wet packs will have such a powerful influence in eliminating all toxins and impurities that one may depend upon little or no indisposition as a result of vaccination. Air baths, friction baths and sun baths a[illegible] likewise [illegible]mmended in connection with general vitality-bu[illegible] reg[illegible]. Probably under these

circumstances vaccination will not "take" but if it should it will be of a very mild form. See also Vol. I, p. 564-572.

Diphtheria anti-toxin. The concentrated blood serum of horses inoculated with diphtheria is sometimes used as a supposed preventive of diphtheria as well as a remedial measure in the treatment of the disease. The method is based on the observation that horses inoculated with diphtheria resist another inoculation and that their blood-serum when injected simultaneously with a fatal dose of diphtheria bacilli or toxins into another animal will prevent death of that animal. Cases of death, however, have been reported from the use of anti-toxin used upon healthy subjects as a prevention for diphtheria. In such cases general constitutional measures should be used simliar to those suggested above for vaccination. See also Vol. I, p. 572-577. When anti-toxin is used in a case of diphtheria, the treatment should not vary from that for the symptoms of diphtheria.

Tetanus anti-toxin is anti-toxin developed on similar lines to the development of diphtheria anti-toxin. It is claimed to be efficient in tetanus.

VAGINA, DISEASES OF.—*Symptoms* and *Varieties.* Leucorrhea, or catarrh of the mucous membrane of the vagina is the most frequent disease to which this portion of the female body is liable. It is generally the result of uncleanliness, coupled with a burdened condition of the blood. The symptom of this disease is a milk-like discharge from the vagina.

Vaginal Fistula results from protracted labor, the opening generally lying between the bladder and the vagina, sometimes between the vagina and rectum. The urine cannot be retained, giving rise to constant dribbling.

Vaginal Prolapsus and *Vaginal Tumors* are invariably accompanied with an identical condition in the uterus (see *Uterus, Diseases of*). Their symptoms and treatment are the same.

Treatment. Leucorrhea is perhaps one of the most difficult of all diseases to cure permanently. It is similar to the catarrh that attacks the nasal and throat passages. In

some instances, months of treatment are required to bring about recovery, and where the vitality is low, years may pass before this end is attained.

By way of improving the circulation and invigorating the weakened glands and tissues, the use of cold hip packs on retiring may be suggested. Each morning a hot and cold sitz bath should be used, the patient remaining in the former for three or four minutes and in the latter for one or two minutes. If the catarrhal condition of the vagina is extreme a daily salt water douche can be recommended. The main factor in the treatment is a series of constitutional measures for accomplishing a radical purification of the blood.

In a chronic case it may not be necessary to undergo a fast but it will surely hasten a cure. In acute cases I would recommend a fast of several days. Fasting Regimen No. 3 may be used, the duration of the fast to depend upon the strength and vitality of the patient. Fast-Breaking Regimen No. 16 or 17 may then be followed, and Milk Diet No. 32 thereafter, as a means of building vitality and improving the condition of the blood stream. In some instances a limited diet or an uncooked diet will be satisfactory, and in all cases the patient should take special care to eat no more than is necessary to maintain strength. See Limited Diets Nos. 20, 29, Fruit and Nut Diet No. 80, Cereal Diets Nos. 81 to 83 and Salad Diets Nos. 84 to 87, choosing therefrom according to the appetite, but adhering closely to one regimen for at least a day.

It is also most important to insure activity of the alimentary canal and to overcome the slightest tendency to constipation. (See treatment for *Constipation.*) Free drinking of water during the fast and thereafter when not on a milk diet, is necessary.

A general vitality-building regimen suited to the strength of the individual should be faithfully followed day by day. Outdoor air, air baths, dry friction baths, sun baths, etc., are essential. Long walks, games and systematic exercises aid recovery.

Physcultopathic Tr[illegible]ent C[illegible]r F are advised if the

system is fairly vigorous, otherwise, Treatments H and I are recommended. They will be even more effective if hot spinal packs are used in connection with them.

Vaginitis requires practically the same treatment as leucorrhea, except that such treatment must be even more radical when dealing with the former trouble. Whenever possible a long fast should be maintained and Fasting Regimen No. 4 may be recommended in this connection. Such a fast, however, will prove too drastic in the case of some women. Where the vitality and weight are low, a fast of four to seven days is to be recommended followed by Milk Diet No. 32, which may be continued until normal weight has been regained or until the symptoms of the disease have disappeared. A greatly reduced vitality requires a thorough renovation of the system in order to effect a cure. Fasting Regimen No. 7 will then prove to be most satisfactory.

When severe pain is felt, a hot sitz bath will secure quick relief, and this should be immediately followed by a cold sitz or cold hip pack. A hot and cold sitz bath should be taken daily. When vaginitis is the result of gonorrheal infection, it may hasten recovery to use mild antiseptic washes. A hot salt water douche may answer in many cases but a solution of permanganate of potash will be more effective. Remember, however, that these washes only afford temporary benefit and that a purification of the blood is the only thing that will insure a permanent recovery.

Vaginal fistula calls for a general constitutional treatment preceded by a fast as in the case of vaginitis. Douches at 110 degrees Fahr. will be of value, the water having been boiled. Operative measures, if successful, will usually bring about quick recoveries, but even then a constitutional treatment will hasten the process. Also an extended fast will be of the utmost value in aiding the work of the surgeon.

Vaginal prolapsus should be treated by exercise and constitutional measures. A[illegible]his condi[illegible]n is often accompanied by a prolapsed conditi[illegible] the [illegible]is, attention should be given to the latter diffi[illegible] dur[illegible] be[illegible]

Vaginal tumors like tumors of the uterus, require general constitutional treatment including fasting and other eliminative measures; in fact they should be treated as tumors in any other part of the body. (See *Tumors.*)

More detailed consideration and more specific treatment of diseases of the vagina will be found in Volume V, a large section of which is devoted to maladies of this kind.

VARICELLA.—See *Chicken Pox.*

VARICOCELE.—Swelling of the veins of the spermatic cord—the portion of the anatomy which holds the testicles in suspension. This dilation of the cord may be slight or the scrotum may likewise be swollen. Varicocele usually appears in early manhood and is due to disturbances of the circulation of the blood. Generally, a tendency to anemia accompanies this condition, and impairment of the general health, more than standing erect for long periods, is the cause of the disturbance. In addition to the swelling, pain and tension of the part affected are experienced.

Treatment. Inasmuch as this disorder is the result of poor circulation and general lack of vigor, it follows that the treatment must be of a nature to strengthen the parts affected along with the rest of the body, and to promote the activity, circulation and development and greatest possible degree of tone in all of the tissues concerned. Aside from the matter of exercise, without doubt, the use of cold water is a most important factor in the treatment of this complaint. Cold water may be used very freely and with any frequency desired, though I would suggest a return to the use of a cold sitz bath each morning following the exercise, and bathing the affected parts with cold water once or twice thereafter during the day. If possible, a cold sitz bath morning and evening would be satisfactory, and the colder the water the more effective the treatment, provided one is able to endure it and secure a satisfactory re[illegible]tion. If at any time there should be extreme pain, a hot s[illegible] bath ma[illegible]e of advantage, but it should always be follo[illegible] by a [illegible] sitz bath or local bath with very cold water.

Physcultopathic Treatment F can be recommended if assistance is employed in the administration of the treatment, together with a hot spinal pack. However, inasmuch as the patient suffering with this disease will probably determine his own treatment without requiring the services of anyone else, Physcultopathic Treatment G is recommended instead. This may be varied by Physcultopathic Movements I and J, but always following the use of hot spinal packs. In addition to this I would especially recommend Physcultopathic Movement M to be taken in the morning, along with any other general exercise that may be desired.

The wearing of a support is in general to be recommended in a case of this kind, though where there is extreme tenderness and pain, it may be used only for a part of the time. A condition of this kind, however, will yield rapidly to the treatment recommended and the use of a support should be gradually relinquished, for in the course of a little time it will not be necessary even for a short period. In connection with this water treatment and the special exercises mentioned, the patient should adopt a general vitality-building regimen for developing the highest possible degree of health, purifying and enriching the blood and promoting the most perfect circulation. Long walks together with games suited to the strength of the individual are specially to be recommended. Indeed, the more robust and muscularly vigorous, the better will be the circulation and the quicker will he be able to recover from a condition of this kind. In some cases of long standing the patient may seem to be discouraged with the treatment, in spite of the fact that he no longer finds any inconvenience from the complaint. It may seem to him that the enlarged veins have not been reduced satisfactorily. He need feel no concern on this account, however, if the condition of the parts is vigorous and satisfactory in every other way. Sometimes, in long standing cases, it is impossible to reduce the veins to their normal size, but in that event, the walls will be so strengthened and toughened that they will perform their functions perfectly and [illegible] no [illegible] distress to the patient.

More detailed consideration of this general subject will be found in Volume V.

VARICOSE VEINS.—*Symptoms.* Dilation and swelling of the veins due to congestion of venous waste within the circulatory system. When this dilation appears upon the scrotum or within the rectum, Varicocele or Hemorrhoids (which see) are the terms employed. Varicose veins generally signify a swollen condition of the veins of one or both legs. Though the cause of their appearance is usually attributed to the strain of standing for long periods, it will invariably be found that chronic and obstinate constipation precedes their formation, such constipation often having existed for lengthy periods. Only in this way can the blood become sufficiently burdened as to cause dilation of the veins. The first sign of a varicose condition is seen when the veins stand out in thick blue, tortuous strands. These strands expand until pouch-like oases form, within which the blood coagulates in hard and knotty lumps. With an increase in the area of dilatation skin eruptions, followed by ulcers (see *Ulcer of the Leg*) are sometimes a consequence; or the extravasations of blood may produce a dropsical condition. But the usual consequence of the ailment is the rupture of the distended veins followed by extensive and debilitating hemorrhage which, unless controlled, quickly proves fatal.

Treatment. Treatment of this disease should consist of local measures for quickly strengthening and invigorating the affected tissues and general constitutional measures for improving the circulation, relieving congestion and removing from the system the waste which has been in part responsible for the difficulty through a tendency to clog and impede the circulation of the veins. By way of treating the tissues directly, cold water packs may be applied at any time of the day, though a plan of giving cold applications two or three times each day will be [illegible]st. Cold mud packs in this connection are particularly t[illegible] recom[illegible]ded. I would suggest that these be applied [illegible]ight a[illegible]llowed to remain until morning.

Surgical measures are largely used in this disease, but in nearly all cases they are not desirable, inasmuch as satisfactory results can be secured by more natural measures. It is true that in some instances, where the tissues have been greatly stretched, it may be impossible for them completely to return to their former condition. However, with improved nutrition and better circulation, together with the use of cold applications as recommended for hardening and invigorating the tissues concerned, the walls of the veins will be so strengthened and toughened that they will perform their functions satisfactorily and without further strain or inconvenience.

Physicians even recommend the wearing of elastic rubber bandages to give support to the veins, but while this may relieve the strain and pain incidental to the complaint, they will invariably result ultimately in so weakening the tissues as to render the condition permanent or at least far more difficult to cure. Therefore, so far as possible, such bandages should be avoided, or, if previously used, they should be discarded for at least part of the time each day, gradually wearing them for a shorter and shorter period, until the veins have been so strengthened by the cold water and other treatments suggested here, that the devices may be laid aside forever.



Severe example of varicose veins of the leg.

The constitutional treatment in cases of this kind is really more important than the local measures mentioned, inasmuch as the disease depends primarily upon stagnant circulation. Active exercise to improve the circulation will invariably be of great benefit.

Walking is esp[illegible]ally suggested though one [illegible]st em[illegible]size the importance of w[illegible] vigo[illegible]y. While I do not regard dur[illegible] [illegible]r long periods as a

cause of this disorder, as will be seen from the above description of it, yet once the condition has been established, long standing will involve a strain upon these tissues which more or less tends towards stagnating the venous blood in the lower limbs under certain circumstances. Standing, therefore, while suffering from a serious condition of this kind, is not to be recommended. Slow walking is like standing still in so far as circulation in the lower limbs is concerned. Fast walking, however, brings about an energetic use of the muscles of the legs involving vigorous contraction that gives the alternative of relaxation. This alternative relaxation and contraction of the muscles in vigorous walking is absolutely antagonistic to anything like stagnation of the blood in the veins. One may be on his feet as much as he chooses so long as he is active, and circulation is kept up, but slow walking and standing, as already said, had better be avoided, at least until a material improvement has been accomplished. Modifications of diet may be necessary in this case where the patient has poor assimilation and is reduced in vitality. In that event a general dietetic regimen advised under the head of Vitality Depletion is recommended.

In some cases a limited diet will be sufficient; always the patient should strive to build up to the greatest possible degree of general vitality and strength. Inasmuch as constipation is one of the most common causes, one should give first attention to the condition of the alimentary canal. Any tendency of this kind should be overcome with enemas and the diet should be modified so that it will promote activity of the bowels thereafter. (See *Constipation* for detailed treatment.)

Pregnancy is a very common temporary cause of varicose veins in the legs by reason of impediments in the circulation arising from this condition. In all such cases, however, varicose veins disappear after parturition. Even during the pregnancy, however, va[illegible]osities can be overcome if the patient will take sufficient acti[illegible]xercise [illegible]nsure a normal position of the fetus and such [illegible]ition [illegible]ealth of all the tissues as to assist in increasin[illegible]ulat[illegible]

VARIOLA.—See *Smallpox*.

VEINS, INFLAMMATION OF.—(Phlebitis.) *Symptoms.* An inflammatory condition of any part of the body, when adjacent to the venous circulation, may cause inflammation of the walls of the vein. The latter then becomes swollen and hard and much pain and throbbing are experienced. The disturbance in circulation may lead to coagulation of the blood, followed by rupture; or the pus in the surrounding area of inflammation may infect the stagnant blood which, when ultimately carried away, may cause inflammation and suppuration in other veins. Inflammation of the veins often precedes the formation of blood cells and embolism (which see).

Treatment. General constitutional treatment offers the only satisfactory means of overcoming a condition of this kind, and should be designed to eliminate the waste-poisons and accumulated foreign matter in the blood which have given rise to the disturbance in question. Undoubtedly, the most important factor in the immediate treatment of this disease is fasting, which should be continued until all acute symptoms have disappeared. I would particularly suggest Fasting Regimen No. 1 for a couple of days, after which Fasting Regimen No. 2 should be adopted and followed as long as necessary. One of the first things to be done in connection with the fast and general treatment is the use of enemas to thoroughly cleanse the colon and make possible a more rapid elimination of the impurities in the system. This treatment should be repeated each day during the fast and thereafter when necessary, though the use of enemas should not be allowed to become a habit inasmuch as natural activity is best. Subsequent treatment should aid in establishing this. Cold wet sheet packs each morning are recommended for the sake of their powerful influence in the elimination of poisons bringing about the inflammatory condition. Aside from the wet sheet packs over the entire body each mor[illegible], local cold wet packs may be applied at any [illegible] to th[illegible]rface of the affected region for the sake of re[illegible] in[illegible]ation. This local cold pack may be renewed dur[illegible] be[illegible]. Massage of the in-

flamed part should be carefully avoided as it may become the cause of embolism.

Sometime during the day Physcultopathic Treatment C, E or F should be given in accordance with the strength and condition of the patient. This will be even more effective if a hot spinal pack is given before or during treatment. As soon as the acute symptoms have subsided, Milk Diet No. 32 is to be recommended for building vitality rapidly, flushing the system with nutrition, improving the quality as well as the quantity of the blood, and also improving the circulation. In connection with this a neutral bath should be adopted, though, if the patient has reached normal weight and adopted the use of ordinary foods, a general vitality-building regimen should be followed strictly day by day.

In connection with the above measures all constitutional methods in the way of elimination and vitality building, such as air baths, dry friction baths, outdoor life and other allied conditions or forms of treatment should be practiced faithfully.

VENEREAL DISEASES.—See description and treatment of the following forms of sexual disease in Volume V of this work: Buboes, Chancre, Chancroïd, Gleet, Gonorrhea, Non-specific venereal diseases, Prostatitis, Stricture, Syphilis (Constitutional) and Varicocele.

Many facts concerning each of these diseases will also be found in proper alphabetical classification in the present volume.

VERMIFORM APPENDIX.—See *Appendicitis.*

VERRUCA.—See *Warts.*

VERTEBRAL COLUMN, DISEASES OF.—See *Spine, Diseases of.*

VERTIGO.—(Dizziness.) This is a condition in which the sense of balance and of the location of external objects is obscure, the latter seeming to be in motion either in a rotary or circular manner. There are several varieties.

Gastric Vertigo, se[illegible]alled, is the most common variety and results from the [illegible]emen[illegible] of the digestive system. This may be the resu[illegible] oxi[illegible]er in the blood, due to imperfect oxidization o[illegible] of the reflex effect of

irritation of the end-organs of the pneumo-gastric nerve in the stomach.

Nervous Vertigo is associated with nervous headache or sick headache and may be the result of any derangement of the nervous system or organic disease of the blood. Vertigo also results from eye and ear diseases. Ocular vertigo results from eye strain or paralysis of some of the muscles, and aural vertigo results from a disease of the semicircular canals of the ear.

Treatment. The method of treatment with some varieties should be constitutional in practically all cases, the general factors of the treatment in each case being determined by the character and origin. Gastric vertigo naturally demands immediate attention to the condition of the alimentary canal. The very free drinking of water and the use of enemas will usually restore a normal condition very shortly, but in this case a brief fast in many instances will also be desirable. However, if there is any defined or known stomach trouble, treatment for that complaint should be followed closely.

Nervous vertigo, when the result of the use of alcohol, tobacco, tea, coffee, and other drugs, should obviously be treated in particular by discontinuing the use of such stimulants. When in combination with headache, the ordinary headache treatment given elsewhere should be used, but when apparently the result of diseases of the brain, a general constitutional treatment for brain diseases or other mental disorders should be followed. I would suggest cold applications to the head, however, and perhaps also hot applications to the spine in this connection. Be sure that the hands and feet are perfectly warm. If the health is otherwise impaired, adopt constitutional measures including water drinking, enemas, fasting and possibly wet sheet packs. Hot abdominal packs, or in some cases, cold abdominal packs, will be valuable by reason of their reflex influence. (See *Reflex Influ[illegible]es*, Volume III, pages 1399, 1407, 1414.

Vertigo due to diseas[illegible] ear demands attention to the primary diseases [illegible]

VITAL DEPLETION.—*Symptoms.* This is a condition popularly known as general debility. The patient is said to be run down. The condition is usually associated with various other forms of disease but it may be described as a condition of general physical exhaustion or lack of energy as a result of overwork, mental or physical, or of any of the various errors of life or unwholesome habits, and it is listed in Volume I as a cause of disease. In many cases there is emaciation, lack of nervous vigor and of general functional tone. The muscles are undeveloped; the victim has a "tired feeling"; fails to be refreshed by sleep; shrinks from exertion of any kind; is more sleepy on rising than on retiring, and in many cases suffers from more or less mental depression.

Treatment. Vital depletion is really a condition of diminished nervous energy or nerve power. As a student of Physcultopathy you are already aware that all human energy is centered in the nervous system and for this reason every effort should be made to build up nervous vigor. A general constitutional regimen should be adopted including such modifications of diet as may be neessary to bring about a condition of the most perfect nutrition. Detailed suggestions along this line are given in Volume III, pages 1714-1717 (which see). Attention is also called to the discussion of vitality-building regimens in Volume III, pages 1791-1797.

VOCAL CORDS, PARALYSIS OF.—The vocal cords may become paralyzed through diseases of the throat and larynx. The pathological changes which then take place in the nerves and muscles of the throat may lead to painless hoarseness or to complete loss of the voice. This condition is only to be remedied by attending to the cause of the nerve degeneration. One form of paralysis of the vocal cords occurs in a left-sided pleurisy when the inflan ... tory products press upon the left recurrent laryngeal ner ... ing its paralysis.

Treatment. In all ... paralysis of the vocal cords is due to some other di ... oat, larynx, or of a more general nature, first at ... e given to the primary disease. In a general v ... eatment should be very

much the same as that described elsewhere for ordinary cases of paralysis. The treatment must be of a constitutional nature designed to accelerate circulation and improve nutrition, and so to build up the entire nervous system. Spinal applications are of great value by way of invigorating the nervous system and may also be used to strengthen and stimulate, especially the spinal nerves, which have to do with the vocal cords and muscles involved. Physcultopathic Treatment D in all cases, or at least Physcultopathic Treatment A in connection with a hot spinal pack if the patient cannot take Treatment D, will be satisfactory. Following this and a hot pack to the entire spine, I would suggest alternate hot and cold packs to the back of the neck and to cervical spine, that is to say, the region between the shoulder and back of the neck. The Physcultopathic treatment mentioned should be given each morning, but alternate hot and cold packs to the cervical spine may be repeated in the evening before retiring. The cold neck packs may then be used to advantage, these being allowed to remain all night or until dry. Some general suggestions in regard to the fasting and other dietetic regimens used in ordinary cases of paralysis, should be followed, coupled with all possible measures for improving the health and building up the vitality of the patient. (See *Paralysis.*)

VOLVULUS.—Intestinal Obstruction. See ***Intestine, Diseases of.***

VOMITING.—This is an involuntary effort upon the part of the stomach to get rid of all indigestible matter, poisons that produce fermentation, or other substances antagonistic to the welfare of the body. In all cases where there is a tendency to vomit, the patient should by all means be encouraged in order to relieve and cleanse the stomach. Lukewarm water in which has been dissolved com[illegible]t or mustard in proportion of a teaspoonful to a g[illegible]er, may be used for this purpose. If this is not c[illegible]ed drinking of cold or hot water, and inducing vom[illegible]ng the throat with the finger, will be found e[illegible]erangements indicated by vomiting appear in dur[illegible]e present volume.

VULVO-VAGINITIS.—Inflammation of both vagina and vulva. See *Vaginitis.*

WARTS.—Small excrescences of the skin which in appearance and texture resemble minute sponges. They are most common upon the hands of children, and rarely appear singly, but in dozens; and they appear and disappear spontaneously. The cause of their outbreak is unknown; but it may be safely ascribed to some obscure form of malnutrition, and when present in any number attention to the general health of the sufferer should quickly result in their disappearance.

Warts may be removed by touching them with a tooth-pick or a match stick that has been dipped in a weak solution of nitric or carbolic acid. The cork of a bottle in which the acid is contained may likewise be used for this purpose. Care should be taken to avoid touching the skin surrounding the wart or excrescense with the acid as this will cause painful burns.

WATER ON THE BRAIN.—See *Hydrocephalus.*

WATER ON KNEE.—Vigorous rubbing twice daily to improve the local circulation is advised. Cold water bathing is also very valuable. Try alternate hot and cold cloths, before rubbing, and finally apply a cold pack to remain. I would particularly suggest bending the knee as far as possible without discomfort, thus slightly stretching the ligaments and other tissues and improving the circulation. Aside from this, a measure of rest would be of great advantage and if the member is painful, it would be well to have the knee raised when lying down. If it gets worse you may find it necessary to stop being on your feet and to devote yourself to treatment by these means, combined with rest, until it regains strength and a normal condition.

WATER BLEBS.—(P[illegible]phigus.) A morbid skin disease of a severe nature charac[illegible]ed by the eruption of red spots in which is secreted a qu[illegible]quid. These blisters appear in persons of all age[illegible]great rapidity and in large numbers, over the wh[illegible]on. As a rule the blisters rupture and discharg[illegible]. Scabs then form over the broken skin, and [illegible], a dark red ring is left.

Considerable pain, with inflammation, is experienced round the area of each blister, and the itching is very irritating. When the inclination to scratch is indulged, the disease becomes aggravated by the formation of crusts over the broken surface, and the suffering is greatly increased. In many cases the extension of the disease ends in blood-poisoning and death is then the consequence.

Treatment. Though the cause of water blebs is sometimes asserted to lie in an affection of the nervous system, constitutional treatment quickly cures an incipient attack and entirely eradicates any possibility of a recurrence. In minor cases, the treatment may resemble that for eczema or other skin disease.

In extreme cases of pemphigus or water blebs, where radical measures are necessary, the very best treatment is prolonged immersion in a warm bath at 100 to 102 degrees Fahr. The patient may be suspended in a hammock submerged in such a way that all parts of the body except the head are immersed in the bath, and he may be kept there for days and weeks at a time, care being exercised to keep the water at the proper temperature. The water should be changed completely once or twice each day without allowing the temperature to change. This prolonged immersion in a warm bath has been used throughout Europe and elsewhere for the treatment of this disease with absolutely perfect results in all cases, the patient sometimes being immersed for months at a time. This treatment is indicated in the more virulent forms of the disease, generally known as pemphigus foliaceus. In ordinary cases in which a fasting regimen, etc., is used, recovery may be accomplished without this extreme measure, but if satisfactory results are not obtained within a r[illegible]nable time, then immersion in a warm bath can be[illegible]d upon for an absolute cure in the most stubborn c[illegible]

WEIGHT, GAINING.—[illegible]ed.

WEIGHT, REDUCING[illegible]

WEN.—(Sebaceous [illegible]ler *Cysts*.

WERLHOFF'S DISEA[illegible]*a*.

Wetting the Bed.—(Enuresis.) See *Bed-Wetting.*

Whitlow. Felon.—(Paronychia.) *Symptoms.* A suppurative inflammation of the skin and tissues, especially of the fingers, the result of a cut or a scratch in the first instance. Owing to the unhealthy condition of the blood such a mishap fails to head spontaneously. The injured part swells, pus accumulates, an abscess forms and an ulcerative discharge follows. Neglect may lead to gangrene in the surrounding tissues followed by general blood-poisoning and its dangerous symptoms. See also *Abscesses.*

Treatment. Owing to the serious consequences which may follow a disorder of this kind, one should not hesitate to adopt radical, even strenuous courses of treatment. It need hardly be said that active elimination should be the keynote of this treatment if one wishes to insure against gangrene or symptoms of general blood-poisoning. The treatment of whitlow, however, is comparatively a simple matter. Activity of the bowels should first be insured by means of enemas, these to be repeated daily or every other day during the treatment, as necessary. An absolute fast should be inaugurated as soon as possible. In most instances if such a fast is undertaken at the first sign of soreness, it will prevent any development of a serious nature. In any case Fasting Regimen No. 3 is advised, the patient drinking freely of hot water rather than cold, unless he feels a craving for cold water. If there are symptoms of general fever a cold wet pack daily may be recommended. With this development, I would suggest a hot blanket pack in the afternoon, with hot spinal packs in the morning together with Physcultopathic Treatment A, B, C, E or F, depending upon the strength and condition of the patient. While there is pain or severe inflammation, I [illegible]ld suggest immersion of the affected part in water as hot as [illegible]mfortably endured, but if the part of the body affect[illegible]ersion impossible, hot packs may be used. Beyon[illegible]on, a general constitutional treatment such as is [illegible]ure of abscesses should be followed. In some ca[illegible]me necessary to lance the inflamed part in order [illegible]issue for the pus.

WHITES.—(Leucorrhea.) See *Vagina, Diseases of.*

WHOOPING COUGH.—*Symptoms.* An infectious disease characterized by paroxysms of a peculiar dry, hollow cough, unaccompanied by any expectoration. The spasmodic whooping sound is caused by the sudden and deep inspiration following the long spasmodic expiration. This form of cough usually begins with a slight bronchitis and a rise in temperature. After a week or more, this is followed by spasmodic coughing. The so-called whoop gradually becomes more and more pronounced. It is often extremely obstinate in character, a severe attack often lasting for two or three months. The vomiting and general digestive disturbance which is often an accompaniment to the spasmodic coughing, lowers the resisting power of the patient to the degree that severe and acute bronchitis or broncho-pneumonia sometimes arise as dangerous complications.

Treatment. The fact that a very strong and vigorous child will suffer from a comparatively light attack of this disease when he contracts it at all, indicates the importance of strong, vital resistance. Constitutional treatment is the most important factor, and inasmuch as the child is invariably up and about, engaged in his usual play when not seized with a paroxysm of coughing, there is every opportunity for building strength and vigor. Therefore, the child suffering from this disease should be kept absolutely in the open air at all times, both night and day. In cold weather he should be sufficiently clothed by day and sufficiently covered by night to maintain warmth. At all times the hands and feet should be kept thoroughly warm, and when in bed, in severe winter weather, hot water bottles may be kept at the f[illegible] for this purpose.

One medical authority has secu[illegible]good results in the treatment of this disease by ke[illegible]atients in a pneumatic chamber which is supplied [illegible]mpressed air, the claim being that recovery is bro[illegible]n increased amount of oxygen. However, the [illegible]od for accomplishing this result is by keeping [illegible]open air, day and night, with no restrictions in [illegible]tivity and play. When

in the house the windows should be wide open. If warmth is desired in winter in connection with the open windows, then it would be worth while to burn a little extra coal or wood.

The diet of the child is most important, and it is obvious that the young patient cannot be expected to fast during the two or three months the disease may be present. The diet should be one easily digested and yet of a nature to afford the utmost nutrition. Probably the ideal diet in a case of this kind will be found in a milk and fruit diet, choosing from among Nos. 42, 43, 45 and 46, though in the case of a small child the diet need not be limited to three meals a day. This matter might be determined by the appetite of the youngster. Aside from the foods mentioned, the free drinking of water will be very helpful and I would also recommend the use of honey. This can be used at meal times in connection with the diet mentioned, or it may be given to flavor the drinking water. Lemon juice may also be used to make the water more palatable, and thus induce the patient to imbibe large quantities of it. Honey tends to relieve the irritation.

During an attack, or when there seems to be a series of paroxysms following each other closely, the drinking of large quantities of hot water or hot lemonade is recommended.

The activity of the bowels is an extremely important matter and if the foods used do not accomplish this result, then enemas must be used. Each day, by way of constitutional treatment, and for the purpose of active elimination, wet sheet packs should be used. If the child shrinks from the cold water or is frightened at the prospect of the bath, then a hot wet sheet pack should be used instead, accomplishing the same results with greater comfort a[illegible] with greater ease of recuperation.

During a paroxysm [illegible]ing, if convenient, a hot pack to the chest and neck w[illegible] f great advantage by way of relief. On retiring, [illegible] the throat may be worn and it may also be w[illegible] old abdominal pack which may remain through[illegible] e each day also hot packs to the spine with Phys[illegible] vement C, E or F can be recommended, dependi[illegible] strength of the patient.

If weak or delicate, Physcultopathic Treatment A or B should be used instead.

If these suggestions are followed strictly and the patient kept in the open air, or, when indoors, in an atmosphere equally pure, then the disease will never occasion more than slight inconvenience, and will not be followed by the distressing after-effects which are among the most serious features of this disease in some cases. Where the patient is extremely frail before contracting the disease, he may for a time suffer a moderately severe attack, in spite of any treatment, but even in such a case, the treatment we suggest offers the greatest relief, the most rapid recovery and will probably be the means of saving life.

WOMB, DISEASES OF.—*Symptoms* and *Varieties*. Among the organs peculiar to women, the womb is the most liable to disorders of various kinds, the most serious of which is

Cancer of the Womb. This disease appears most frequently among women of mature age and is of a most serious character, unless either constitutional treatment be adopted or the womb be excised in the early stages of the growth. The symptoms which accompany the appearance of the cancer are a mucous discharge and slight hemorrhages. This bleeding is often mistaken for increased or false menstruation; but unlike the normal flow it often continues for some days after the monthly period is passed. Apart from this discharge there is no other external sign whereby the beginning of the growth can be recognized, but internally its development takes the form of a morbid thickening of the mucous membrane lining the womb. Nodules of various size appear upon the surface—from an egg to a large apple. As [illegible]is cancerous proliferation extends, pain arises, the l[illegible]onlike discharge becomes purulent and hemorrhages [illegible] will be [illegible]quent.

Catarrh of the Wom[illegible] [illegible]ex Influ[illegible]na, Diseases of, Leucorrhea.

Displacement of the [illegible]urbance of the position of the womb from the [illegible]cur through relaxation of the broad ligaments [illegible]n suspension within the

pelvis; or it may be a prolapse of the womb through a relaxed condition of the vagina. Beyond being a sign of general constitutional debility such a displacement may be without serious significance, though considerable pain may be present in the small of the back as well as other reflex symptoms such as headache and abdominal pain.

Hemorrhage from the Womb. See *Cancer of the Womb* and *Menstruation.*

Inflammation of the Womb. See *Metritis.*

Tumors of the Womb. In addition to cancer of the womb fibrous tumors may appear through thickening of the muscle fiber and connective tissues or its walls. But as these so-called benign excrescences are prone to develop into cancerous growths they should be treated in identical fashion. Their symptoms are identical and their treatment should be the same as the more serious disorder.

Treatment. For the treatment of cancer of the womb, see Cancer. Tumors, as above suggested, should be treated in the same way. Inflammation of the womb and catarrh of the womb both require general constitutional treatment, the former being given in detail under the head of Metritis, which see. The regimen suggested for the treatment of leucorrhea in diseases of the vagina may be applied here.

Further and more detailed discussion of this disease will be found in Volume V.

Various forms of displacement of the womb are also described in detail in Volume V. Inasmuch as these displacements are largely due in [illegible]ost cases to the laxity of the ligaments which hold the or[illegible]s in place, and to weaknesses of the muscles of the entire pe[illegible]on, the practice of appropriate exercise is a most impo[illegible]r in the treatment.

WORMS.—See *Inte[illegible]es.*

WRITER'S CRAMP[illegible] also *Occupation Neurosis.* Owing to its frequen[illegible] the difficulty experienced in effecting a cure, th[illegible]osis is the most important of those nervous affec[illegible]aceable to the occupation of the sufferer.

The disturbance usually begins with spasmodic cramp-like seizures of the fingers or hand. Difficulty is experienced in controlling the pen, the writing often becoming heavy and labored. Dull pain is felt in the hand and along the arm, and often the hand and arm become temporarily paralyzed so that writing becomes impossible; at other times an uncontrollable tremor arises, when writing becomes illegible.

Treatment. In connection with the general treatment recommended under Cramp, and in connection with my discussion of occupation neuroses, I would particularly suggest a treatment by Mechanical Physcultopathy, employing the movements illustrated in Volume III, pages 1518, 1569, 1573, 1577, 1581, 1583, 1607, 1625 to 1632. Some of these movements will prove too difficult but they should be attempted. For further details see other reference mentioned, also *Spasm*.

WRY NECK.—(Torticollis.) An affection of the neck characterized by shortening or spasm of the muscles on one side, with the result that the head is twisted or pulled to the side and carried in that position. It may be congenital or acquired, the case being far more serious when congenital. It is sometimes the result of paralysis and sometimes of spasm of the muscles. The sternomastoid muscle is the one usually affected and sometimes the only one. The disease is often associated with diseases of the nervous system.

Treatment. Operative measures are sometimes used, but in a general way are to be rigidly condemned, for where important nerves have become seve[illegible]d, the condition becomes hopeless and it is therefore impos[illegible]le to accomplish anything like a complete cure. Hot neck [illegible]cks and particularly hot packs to the upper spine will [illegible]reat value as a means of relieving the spasm and rel[illegible] muscles of the neck. In some cases alternative hot [illegible]ks will be better. Following this, make use of [illegible]*ex Influ*[illegible] Physcultopathy, particularly movements that [illegible]t of the body. See Volume III, pages 152[illegible]29, 1579, 1587, 1589, 1602, 1608, 1615, 1619, [illegible]ages include Physcultopathic Treatments A, [illegible]

In addition to these, a general vitality-building regimen, such as elsewhere indicated for the treatment of neurasthenia or other nervous complaints, should be adopted so as to build up the nervous system generally, improve the circulation and establish better nutrition.

XERODERMA.—A dry, harsh and rough condition of the skin, usually regarded as congenital, but susceptible to proper constitutional treatment. (See *Fish-skin Disease.*)

YAWNING.—This is not an expression of disease but an involuntary exercise of the muscles of the face, a form of stretching exercise. (See *Stretching Exercises*, Vol. II, p. 752; also *Face Exercises*, Vol. II, p. 693-98.)

YELLOW FEVER.—*Symptoms.* An acute infectious disease of a severe nature, many of the symptoms of which are identical with those of jaundice in an aggravated form.

Yellow fever is tropical or semi-tropical in origin and is more often to be found on or near the coast. The ailment runs a rapid course, commencing with a sudden chill which rapidly develops into high fever. The face and the eyes become extremely red and swollen. Constipation is present with a raging thirst, and the whole of the abdominal tract feels sore and tender. After a few days of high temperature the symptoms of jaundice arise; concurrently severe vomiting begins in which quantities of blood, resembling black coffee grounds, are expelled. When this hemorrhage appears in the stools the condition of the sufferer becomes critical and the end is often fatal. Bl[illegible]ding from the nose and mouth with total suppression of the u[illegible] are equally grave symptoms.

Treatment. This dis[illegible] is usually considered to be of an extremely dangerous na[illegible] yet if properly treated it is not so. It is said to be du[illegible] pid reproduction of a specific micro-organism in[illegible] of the body, such tissues lacking the power of re[illegible] inroads of the bacilli. It follows then, that the [illegible] se blood is pure and whose vitality is of high qua[illegible] fer a friendly field for the propagation of the ba[illegible] will resist infection in the midst of an epidemic [illegible] The methods that will

procure immunity can also be applied to the cure. In other words, constitutional methods of increasing the vitality and purifying the blood will bring about recovery.

In case of an attack the preliminary measures must be of an eliminative order; the alimentary canal must be thoroughly cleansed by the drinking of hot water and the use of enemas. After one or two enemas have been administered, a hot blanket pack should be given, lasting from one to three hours, this being followed by a cold douche. Subsequently a wet sheet pack should be used each morning instead of the hot blanket pack, as long as any trace of fever remains. If the blanket pack seems to be more agreeable to the patient, it may be used at any time. A hot spinal pack with Physcultopathic Treatment A or B should be given in the afternoon or evening. At intervals between the sheet and spinal packs cold abdominal packs may be occasionally applied.

The patient should furthermore remain in the open air. This measure will usually check the disease from the start or materially mitigate its severity.

It need hardly be said that at the beginning of the treatment a fast should be inaugurated to continue until the acute symptoms have disappeared. As soon as the patient begins to convalesce Fasting Regimen No. 8 or 9 may be adopted followed for two or three days, and thereafter an exclusive milk diet should follow. If, however, this is not possible, then the other diet method referred to in the breaking-fast regimen selected should be faithfully [illegible]lowed.

It is necessary to call attentio[illegible] the fact that too much treatment is liable to work harm r[illegible]r than good. The effect of each treatment can invariably [illegible]thered by the condition of the patient that follow[illegible]finite recuperation follows the treatment, it may b[illegible]hat the patient is doing well. If, however, there [illegible] of recuperation, the treatment must be stopped [illegible] be very much modified.

When vomiting ensu[illegible]s expelled, cold wet packs should be applied [illegible] spine. They can be

changed frequently. Water that has been boiled and cooled should be given in large quantities at the inception of the attack and later. Ice water must not be used. The raging thirst that is experienced in connection with this disease indicates the value of water in the treatment, and if constipation, which is also one of the marked symptoms of the disease, appears, it aids in cleansing the alimentary canal. A teaspoonful of salt dissolved in a glass of water and taken once or twice a day is an excellent laxative. A little lemon juice may make this drink palatable. If a paroxysm occurs, a hot blanket pack should be given immediately. Where the skin is hot and dry a wet sheet pack is valuable for the purpose of inducing perspiration.

The symptoms of uremia which accompany this malady suggest the necessity of hot and cold packs as a method of elimination through the medium of the skin. If the urine is suppressed, hot abdominal packs should be used, or if the patient is strong enough he may be given a hot sitz bath.

Pure air must be available for the patient both day and night. During convalescence a general vitality-building regimen should be adopted, varied according to the condition of the patient and his gradually increasing strength. In this connection exercise in the open air, a carefully selected diet, cold baths, air baths, sun baths and dry friction baths are in turn factors in insuring recovery.

ZOSTER.—(*Herpes Zoster.*) See *Shingles.*

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